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Nationwide  
Food Consumption  
Survey  
Report No. 87-1-1

# Food and Nutrient Intakes by Individuals in the United States, 1 Day, 1987-88



U.S. Department of Agriculture ■ Human Nutrition Information Service

United States  
Department of  
Agriculture



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## **Abstract**

This publication contains estimates of food and nutrient intakes by individuals residing in households in the 48 conterminous States and Washington, D.C., based on data from the 1987-88 Nationwide Food Consumption Survey conducted by the U.S. Department of Agriculture. One-day food and nutrient intake data for 10,172 individuals of all ages were collected between April 1987 and August 1988. The data, collected using a 1-day recall in a personal interview, are provided in six tables. Food and nutrient intake data are tabulated for individuals by sex and age, region, income level, and race. For 64 food groups and subgroups, mean quantities of foods eaten per individual in a day and percentages of individuals who reported eating any food from the specified food groups and subgroups are presented. Also presented are tables of the mean intakes of food energy and nutrients; the percentages of total food energy from protein, total fat, fatty acids, and carbohydrate; and nutrient intakes expressed as percentages of the 1989 Recommended Dietary Allowances. Response rates were very low, approximately 31 percent at the individual level, and the possibility of nonresponse bias cannot be disregarded.

**Keywords:** Dietary survey, food intake, nutrient intake.

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Mention of commercial products in this publication is solely for identification purposes and does not constitute endorsement by the U.S. Department of Agriculture over other products not mentioned. Mention of brand names is necessary to report factually on available data. USDA neither guarantees nor warrants the standard of the products, and the use of brand names by USDA implies no approval of the products to the exclusion of others which may also be suitable.

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## Introduction

This publication provides population estimates of 1-day food and nutrient intakes by individuals of all ages based on data from the Nationwide Food Consumption Survey 1987-88 (NFCS 1987-88) conducted by the U.S. Department of Agriculture (USDA). The NFCS 1987-88 used a multistage area probability sample drawn from the 48 conterminous States and Washington, D.C. Data collection for NFCS 1987-88 began in April 1987 and continued through August 1988.

The NFCS 1987-88 included two components: (1) household food use during a 7-day period, and (2) individual food intakes by household members for a 3-day period. The data from the household component of the survey are being published in a separate report (1).

Both the household and the individual data were collected by trained interviewers. The household component of the survey was completed first. Then, individuals who took part in the survey were asked to provide 3 consecutive days of dietary data. The first day's data, which are reported here, were collected in a personal interview using a 1-day dietary recall. The second and third days' data were collected using a 2-day dietary record. Results reported here by sex and age, by region, by income level, and by race include 1-day food intakes, nutrient intakes, and food energy from protein, total fat, fatty acids, and carbohydrate. Nutrient intakes expressed as percentages of the 1989 Recommended Dietary Allowances (RDA) are reported by sex and age only.

Differences in methodology, food coding, and the nutrient data base between NFCS 1977-78 and NFCS 1987-88 are discussed in appendix A, as are the conclusions of the 1988 Bridging Study (2) conducted by USDA to facilitate comparison of individual intake results of NFCS 1987-88 with NFCS 1977-78. Tables of estimates of food and nutrient intakes in the NFCS 1977-78 are included in appendix A. Appendix B includes estimates of food intakes when meat mixtures and grain mixtures are broken down into their component parts. Data collection, processing, and presentation procedures are described in appendix C. Statistical aspects of the survey such as sample design, nonresponse, weighting, and standard errors are discussed in appendix D.

National Analysts (a division of Booz, Allen and Hamilton, Inc.), a private firm in Philadelphia, Pennsylvania, conducted the NFCS 1987-88 under contract with the Human Nutrition Information Service (HNIS), USDA. National Analysts designed the sample; collected the information; edited, coded, and keyed the data;

converted food intake data into nutrient intake data; and prepared a final data tape. Sample weights were created by Wayne Fuller at Iowa State University. HNIS defined the information to be collected; provided technical information such as food codes, weights in grams of household measures, and the food composition data base; and monitored all aspects of the contract.

## History

The NFCS 1987-88 is the most recent of many USDA studies of food consumption. The surveys and their methodologies have been expanded and refined over the years by USDA and cooperating agencies. The surveys are used now, as in the past, to examine food consumption behavior and the nutritional content of diets for policy implications relating to food production and marketing, food safety, food assistance, and nutrition education (3, 4). The surveys are a major component of the National Nutrition Monitoring Research Program, a set of related Federal activities intended to provide regular information on the nutritional status of the U.S. population (5, 6).

The NFCS 1987-88 marks the fifth time that nationwide information on the dietary intakes of individual household members has been collected by USDA. The first such collection took place in 1965 as a supplement to the 1965-66 Household Food Consumption Survey; in households sampled in the spring quarter, certain household members were asked to recall their dietary intakes for the day prior to the interview (7).

In 1977-78, dietary intakes for 3 consecutive days were collected in four seasons for individuals in households sampled as part of the Nationwide Food Consumption Survey (8, 9, 10). The data were collected using a 1-day recall and a 2-day record. The 1977-78 survey was augmented by five supplemental surveys, including a low-income survey, a survey of households with at least one member 65 years or older, and surveys in Puerto Rico, Hawaii, and Alaska.

In 1985, USDA initiated the Continuing Survey of Food Intakes by Individuals (CSFII). The CSFII has been designed to monitor the dietary status of relatively small national samples in years between the larger decennial Nationwide Food Consumption Surveys. In both CSFII 1985 and 1986, 1-day dietary recalls were collected on up to 6 nonconsecutive days at approximately 2-month intervals over a 1-year period from women 19 through 50 years of age and their children 1 through 5 years. In 1985 only, a single 1-day dietary recall was collected from men

19 through 50 years of age (11-19). For the period 1989-91, the CSFII included the collection of 3 consecutive days of dietary intake using a 1-day recall and a 2-day record from individuals of all ages.

### **Response Rates and Cautions for Users**

The response rates for the NFCS 1987-88 were very low, approximately 38 percent at the household level and 31 percent at the individual level. This means that about three of every eight occupied households selected for interviewing were contacted and participated in the household component of the survey. Within these households, 81 percent of the eligible individuals provided at least 1 day of intake data.

An independent expert panel of statisticians convened to assess the impact of nonresponse in NFCS 1987-88 concluded, and HNIS concurs, that it is not possible, based on the information available, to establish the presence or absence of nonresponse bias (20, 21). However, the possibility of such bias cannot be disregarded. Nor is it possible to determine objectively the extent to which nonresponse bias might influence interpretation of analyses using these data.

HNIS suggests that users of these data carefully balance their need and the tolerance for error in their specific application against the potential for nonresponse bias in the NFCS 1987-88 data. Additional information on response rates and some guidelines on using the data for national estimates are given in appendix D.

## Tables

Table 1.1-1.--Meat, Poultry, Fish: Mean Intakes per Individual in a Day, by Sex and Age, 1 Day, 1987-88

Sex and Age (Years)	Percent of Population	Total	Beef	Pork	Lamb, Veal, Game	Organ Meats	Frankfurters, Sausages, Luncheon Meats	Poultry	Fish and Shellfish	Mixtures Mainly Meat, Poultry, Fish
								Total :Chicken:		
-----										
	Percent									
-----Grams-----										
Males and Females:										
Under 1.....	1.1	26	2/1	*	0	0	2/2	1/2	1/2	* 19
1-2.....	2.9	99	8	2/13	*	*	13	13	10	1/6 42
3-5.....	4.6	104	14	8	*	2/1	12	18	16	1/4 42
5 and under.....	8.7	92	10	1/9	*	2/1	11	14	12	1/4 39
Males:										
6-11.....	4.4	156	22	14	*	*	13	27	24	3 74
12-19.....	5.7	252	38	17	2/1	*	20	27	20	1/3 142
20-29.....	8.3	249	35	14	2/3	2/1	21	30	23	12 127
30-39.....	8.2	265	52	18	1/1	*	24	37	32	14 113
40-49.....	5.8	261	54	19	1/1	*	28	34	28	21 96
50-59.....	4.1	247	49	20	1/1	1/1	25	26	18	11 104
60-69.....	4.0	221	39	24	2/2	2/1	24	25	21	17 84
70 and over.....	3.0	231	27	30	1/2	2/1	17	31	19	2/18 99
20 and over.....	33.4	250	44	19	1/2	1/1	23	31	25	15 108
Females:										
6-11.....	4.6	151	26	9	1/1	*	11	20	17	1/7 74
12-19.....	6.1	169	31	10	*	*	18	17	13	1/9 80
20-29.....	8.5	164	27	10	2/1	*	13	23	18	13 71
30-39.....	8.6	175	28	12	2/1	2/1	12	25	20	10 83
40-49.....	6.4	182	32	12	2/1	2/1	10	22	13	13 86
50-59.....	4.3	174	30	13	1/1	2/2	13	28	21	16 66
60-69.....	4.7	168	28	14	2/1	2/1	13	28	21	10 67
70 and over.....	4.7	150	27	14	1/1	2/3	15	1/24	1/17	1/12 52
20 and over.....	37.1	170	29	12	1	1/1	13	24	18	12 73
All Individuals.....	100.0	193	32	14	1	1	17	26	20	11 86

1/ Coefficient of variation at least 25% but less than 50%(see appendix D).

2/ Coefficient of variation greater than or equal to 50% (see appendix D).

\* Value less than .5 but greater than 0.

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

Table 1.1-2.--Meat, Poultry, Fish: Percentages of Individuals Using at Least Once, by Sex and Age, 1 Day, 1987-88

Sex and Age (Years)	Percent of Population	Total	Beef	Pork	Lamb, Veal, Game	Organ Meats	Frankfurters, Sausages, Luncheon Meats	Poultry	Fish and Shellfish	Mixtures Mainly Meat, Poultry, Fish	
								Total Chicken			
<hr/>											
	Percent						Percent				
<hr/>											
Males and Females:											
Under 1.....	1.1	25.0	1.6	0.6	0.0	0.0	2.9	4.2	3.5	0.4	16.7
1-2.....	2.9	86.8	16.0	13.3	.7	.4	31.6	22.5	17.6	7.6	34.8
3-5.....	4.6	85.8	21.0	15.7	.3	1.9	28.2	23.0	18.7	6.4	28.5
5 and under.....	8.7	78.2	16.8	12.9	.4	1.2	26.0	20.4	16.4	6.0	29.1
Males:											
6-11.....	4.4	91.5	24.6	19.3	.2	.1	21.4	24.7	19.8	3.8	39.1
12-19.....	5.7	94.6	28.5	22.7	.9	.4	25.9	18.4	13.1	2.2	47.7
20-29.....	8.3	87.9	25.4	18.5	1.5	.8	25.8	16.8	12.6	8.6	40.3
30-39.....	8.2	89.5	30.0	21.2	.4	.2	29.6	22.7	18.7	10.6	38.1
40-49.....	5.8	93.3	31.8	28.5	1.7	.1	35.1	22.8	16.9	14.0	32.9
50-59.....	4.1	94.5	35.8	24.1	1.2	.6	29.6	19.4	14.0	10.7	34.8
60-69.....	4.0	93.3	27.2	29.6	2.1	.6	26.9	18.3	14.5	12.2	30.0
70 and over.....	3.0	95.8	25.3	35.4	1.0	.5	24.3	22.9	16.2	10.7	31.3
20 and over.....	33.4	91.4	29.1	24.4	1.3	.5	28.8	20.3	15.6	10.9	35.7
Females:											
6-11.....	4.6	90.9	28.4	14.5	.9	.3	24.1	22.7	17.5	7.1	36.3
12-19.....	6.1	88.2	26.2	18.5	.4	.1	25.6	17.1	12.9	9.0	33.9
20-29.....	8.5	83.7	23.9	17.5	.9	.6	21.7	19.1	15.2	11.4	32.5
30-39.....	8.6	87.2	24.5	16.5	.6	.9	20.5	23.9	18.6	9.2	32.6
40-49.....	6.4	89.9	26.0	19.4	1.8	.7	18.4	19.8	12.2	12.1	33.1
50-59.....	4.3	90.1	26.5	21.7	.7	2.0	23.4	23.0	17.1	15.4	28.7
60-69.....	4.7	88.6	25.9	23.5	1.2	1.4	22.6	24.9	19.2	9.5	24.6
70 and over.....	4.7	90.0	28.1	20.6	1.4	3.4	25.5	19.7	15.5	8.9	24.2
20 and over.....	37.1	87.7	25.5	19.2	1.1	1.3	21.6	21.6	16.2	10.9	30.1
All Individuals.....	100.0	88.9	26.3	20.4	1.0	.8	25.0	20.8	15.8	9.4	33.8

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

Table 1.2-1.--Milk and Milk Products: Mean Intakes per Individual in a Day, by Sex and Age, 1 Day, 1987-88

	:	:	:	:	Milk and Milk Drinks				:	:
	:	:	:	:					:	:
Sex and Age	:	:	:	:					:	:
(Years)	:	:	:	:					:	:
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1/ Coefficient of variation at least 25% but less than 50%(see appendix D).

2/ Coefficient of variation greater than or equal to 50% (see appendix D).

\* Value less than .5 but greater than 0.

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.



Table 1.2-2.--Milk and Milk Products: Percentages of Individuals Using at Least Once, by Sex and Age, 1 Day, 1987-88

Sex and Age (Years)	Percent	Total	Milk and Milk Drinks					Milk	Cheese	
	of		Total	Fluid Milk			Yogurt	Desserts:		
	Population:									
				Total	Whole	Lowfat/Skim				
<u>Percent</u>		<u>Percent</u>								
Males and Females:										
Under 1.....	1.1	80.1	79.5	20.6	10.7	9.3	0.0	2.9	1.8	
1-2.....	2.9	94.9	92.7	91.6	52.0	30.6	2.5	11.0	19.7	
3-5.....	4.6	92.7	89.4	88.2	44.3	36.4	3.9	22.8	21.7	
5 and under.....	8.7	91.8	89.3	80.5	42.5	30.9	2.9	16.2	18.4	
Males:										
6-11.....	4.4	96.0	93.7	92.1	53.4	38.9	3.2	25.9	26.6	
12-19.....	5.7	87.4	79.2	75.7	41.3	29.7	1.9	17.3	25.3	
20-29.....	8.3	71.0	56.4	52.5	26.0	20.4	2.1	11.2	28.9	
30-39.....	8.2	76.3	57.6	53.7	25.5	25.1	2.6	14.7	32.6	
40-49.....	5.8	67.0	46.8	44.2	17.3	23.1	1.5	13.9	26.5	
50-59.....	4.1	74.1	56.1	53.7	23.5	23.7	1.0	15.3	26.6	
60-69.....	4.0	82.8	69.7	68.6	23.7	37.7	3.8	17.7	21.9	
70 and over.....	3.0	79.5	65.4	62.9	21.9	35.4	.5	24.5	20.9	
20 and over.....	33.4	74.2	57.4	54.3	23.4	25.8	2.0	15.0	27.5	
Females:										
6-11.....	4.6	91.4	87.0	81.9	39.1	36.9	2.0	24.7	22.9	
12-19.....	6.1	80.3	67.7	60.9	31.1	27.3	3.5	15.4	27.0	
20-29.....	8.5	73.9	54.4	52.0	23.4	24.5	2.4	11.2	28.5	
30-39.....	8.6	74.0	56.4	53.7	19.7	29.0	2.6	11.1	31.2	
40-49.....	6.4	70.2	52.8	49.3	18.9	28.3	3.8	12.5	25.4	
50-59.....	4.3	75.4	57.5	54.5	22.4	27.7	6.0	17.0	28.8	
60-69.....	4.7	75.4	60.2	58.1	20.9	34.3	4.4	15.0	24.9	
70 and over.....	4.7	85.0	73.0	71.3	33.2	32.7	2.0	16.4	27.9	
20 and over.....	37.1	75.1	58.0	55.4	22.6	28.8	3.3	13.2	28.1	
All Individuals.....	100.0	78.9	65.2	61.5	28.3	28.8	2.7	15.5	26.5	

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

Table 1.3-1.--Vegetables: Mean Intakes per Individual in a Day, by Sex and Age, 1 Day, 1987-88

Sex and Age (Years)	Percent of Population	Total Vegetables and Fruits	Vegetables					
			Total	White Potatoes	Tomatoes	Dark-Green Vegetables	Deep-Yellow Vegetables	Other Vegetables
	<u>Percent</u>							
<u>-----Grams-----</u>								
Males and Females:								
Under 1.....	1.1	238	1/69	1/5	2/3	2/2	1/25	1/34
1-2.....	2.9	242	74	32	1/4	1/4	1/5	29
3-5.....	4.6	236	89	36	8	1/3	1/6	36
5 and under.....	8.7	238	81	31	6	1/3	8	34
Males:								
6-11.....	4.4	311	129	59	12	1/7	1/4	48
12-19.....	5.7	331	173	84	15	1/8	1/6	60
20-29.....	8.3	311	202	89	26	1/8	1/5	74
30-39.....	8.2	342	239	101	26	11	1/7	93
40-49.....	5.8	336	209	78	29	12	1/8	83
50-59.....	4.1	394	260	86	36	19	9	110
60-69.....	4.0	463	268	77	41	16	18	117
70 and over.....	3.0	460	257	66	1/42	1/10	9	130
20 and over.....	33.4	365	232	86	31	12	8	95
Females:								
6-11.....	4.6	283	129	59	1/13	1/3	1/6	48
12-19.....	6.1	261	129	48	11	1/6	1/3	60
20-29.....	8.5	267	157	54	22	6	7	67
30-39.....	8.6	278	168	49	22	15	5	78
40-49.....	6.4	321	188	53	25	16	9	85
50-59.....	4.3	379	215	60	28	16	7	105
60-69.....	4.7	385	211	47	36	11	10	107
70 and over.....	4.7	403	197	53	25	1/14	7	98
20 and over.....	37.1	324	183	52	25	12	7	86
All Individuals.....	100.0	324	182	64	23	10	7	78

1/ Coefficient of variation at least 25% but less than 50%(see appendix D).

2/ Coefficient of variation greater than or equal to 50% (see appendix D).

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.



Table 1.3-2.--Vegetables: Percentages of Individuals Using at Least Once, by Sex and Age, 1 Day, 1987-88

Sex and Age (Years)	Percent of Population	Total Vegetables and Fruits	Vegetables					
			Total	White Potatoes	Tomatoes	Dark-Green Vegetables	Deep-Yellow Vegetables	Other Vegetables
	Percent							
Males and Females:								
Under 1.....	1.1	67.8	43.5	5.6	1.8	2.7	20.6	29.0
1-2.....	2.9	90.7	77.4	49.7	11.6	5.7	6.9	43.8
3-5.....	4.6	90.1	79.4	47.0	19.2	3.9	8.0	53.1
5 and under.....	8.7	87.4	74.0	42.5	14.4	4.4	9.3	46.8
Males:								
6-11.....	4.4	93.2	86.8	60.4	24.4	7.8	8.8	55.1
12-19.....	5.7	91.8	85.2	57.5	23.8	6.2	6.3	52.4
20-29.....	8.3	87.4	80.7	53.1	29.5	5.2	5.5	51.4
30-39.....	8.2	89.9	85.1	50.8	28.3	9.3	6.9	62.9
40-49.....	5.8	89.5	83.0	44.8	31.0	8.6	8.1	64.3
50-59.....	4.1	94.0	87.9	55.5	30.6	14.6	8.5	67.3
60-69.....	4.0	95.2	90.8	47.5	37.3	13.9	21.6	72.3
70 and over.....	3.0	94.8	89.1	52.0	28.7	8.0	10.5	71.8
20 and over.....	33.4	90.8	85.0	50.6	30.5	9.2	9.0	62.8
Females:								
6-11.....	4.6	90.8	80.6	50.6	18.1	4.5	7.7	57.0
12-19.....	6.1	83.2	75.8	43.6	22.2	6.0	6.6	55.2
20-29.....	8.5	86.3	80.5	44.1	26.5	6.6	7.7	56.2
30-39.....	8.6	87.4	81.0	39.2	28.2	10.3	8.3	61.0
40-49.....	6.4	88.1	80.0	38.8	28.1	13.7	10.5	63.8
50-59.....	4.3	95.1	87.5	45.8	27.7	14.2	10.4	69.4
60-69.....	4.7	93.8	86.5	39.0	34.1	11.9	15.8	74.1
70 and over.....	4.7	94.6	87.0	41.8	25.2	12.6	8.8	68.6
20 and over.....	37.1	89.9	82.9	41.3	28.1	11.0	9.8	64.0
All Individuals.....	100.0	89.9	82.6	46.8	26.5	8.8	9.0	60.2

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

Table 1.4-1.--Fruits: Mean Intakes per Individual in a Day, by Sex and Age, 1 Day, 1987-88

Sex and Age (Years)	Percent of Population	Total	Citrus Fruits and Juices		Dried Fruits	Other Fruits, Mixtures, Juices				
			Total	Juices		Total	Apples	Bananas	Other Fruits and Mixtures Mainly Fruit	Noncitrus Juices and Nectars
<u>Percent</u>			<u>Grams</u>							
Males and Females:										
Under 1.....	1.1	169	2/20	2/20	0	148	1/18	2/2	1/68	60
1-2.....	2.9	168	46	42	2/2	117	16	13	17	72
3-5.....	4.6	147	40	38	1/1	103	22	10	22	49
5 and under.....	8.7	157	40	37	1/1	113	19	10	26	58
Males:										
6-11.....	4.4	182	65	57	2/1	113	29	1/13	31	40
12-19.....	5.7	158	87	79	*	65	21	1/9	1/24	11
20-29.....	8.3	110	65	61	*	43	1/12	1/4	1/15	12
30-39.....	8.2	104	42	37	*	60	17	1/8	1/25	10
40-49.....	5.8	126	55	46	1/1	70	17	10	1/24	19
50-59.....	4.1	133	68	59	2/1	64	17	11	32	5
60-69.....	4.0	195	81	63	1/1	112	1/31	21	48	12
70 and over.....	3.0	202	81	59	1/3	118	19	17	1/74	8
20 and over.....	33.4	133	61	52	1/1	69	18	10	30	11
Females:										
6-11.....	4.6	154	45	39	*	101	27	1/9	30	36
12-19.....	6.1	131	70	65	*	57	20	1/7	1/18	12
20-29.....	8.5	110	56	47	2/1	51	13	5	11	22
30-39.....	8.6	109	49	42	*	59	12	9	22	15
40-49.....	6.4	134	57	45	1/1	75	18	10	1/32	15
50-59.....	4.3	164	72	53	1/1	90	22	12	1/42	14
60-69.....	4.7	174	67	55	1/1	105	17	20	1/55	13
70 and over.....	4.7	206	84	72	1/2	118	24	21	1/61	12
20 and over.....	37.1	140	61	50	1	77	17	11	33	16
All Individuals.....	100.0	142	61	52	1	78	19	10	30	20

1/ Coefficient of variation at least 25% but less than 50%(see appendix D).

2/ Coefficient of variation greater than or equal to 50% (see appendix D).

\* Value less than .5 but greater than 0.

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

Table 1.4-2.--Fruits: Percentages of Individuals Using at Least Once, by Sex and Age, 1 Day, 1987-88

Sex and Age (Years)	Percent of Population	Total	Citrus Fruits and Juices		Dried Fruits	Other Fruits, Mixtures, Juices				
			Total	Juices		Total	Apples	Bananas	Other Fruits and Mixtures Mainly Fruit	Noncitrus Juices and Nectars
<u>Percent</u>			<u>Percent</u>							
Males and Females:										
Under 1.....	1.1	64.7	4.0	4.0	0.0	62.4	19.5	3.2	50.4	33.1
1-2.....	2.9	60.9	23.9	19.3	4.3	47.4	15.3	13.7	12.4	25.9
3-5.....	4.6	56.8	22.3	20.6	2.7	43.5	17.7	9.7	17.7	18.4
5 and under.....	8.7	59.2	20.4	18.0	2.9	47.3	17.1	10.2	20.1	22.9
Males:										
6-11.....	4.4	63.8	28.5	23.4	2.9	49.1	20.1	10.7	19.5	17.1
12-19.....	5.7	49.4	28.1	24.1	.5	32.9	11.5	7.2	15.6	3.6
20-29.....	8.3	34.7	20.7	18.7	.8	18.4	6.6	3.6	8.1	3.3
30-39.....	8.2	39.2	19.4	15.3	.6	24.4	9.8	6.6	12.3	3.9
40-49.....	5.8	44.8	24.7	20.6	1.5	29.1	10.9	9.1	11.9	6.1
50-59.....	4.1	52.0	31.3	26.6	2.0	31.0	10.9	9.5	16.6	2.4
60-69.....	4.0	62.5	35.2	28.1	3.1	44.3	16.8	18.7	19.0	4.3
70 and over.....	3.0	73.5	39.9	26.3	5.7	56.2	13.5	18.9	35.8	4.1
20 and over.....	33.4	46.5	25.8	21.0	1.7	29.8	10.5	9.2	14.7	4.0
Females:										
6-11.....	4.6	58.3	22.9	19.5	.6	44.1	20.4	6.5	17.6	11.1
12-19.....	6.1	47.1	24.8	21.6	1.9	29.6	13.0	4.8	13.6	4.4
20-29.....	8.5	39.6	22.8	17.3	.9	21.4	8.7	4.5	6.5	6.8
30-39.....	8.6	43.9	21.5	17.4	.8	30.0	8.2	8.9	13.6	6.7
40-49.....	6.4	52.5	26.7	21.9	2.2	35.6	12.4	8.6	16.2	5.6
50-59.....	4.3	58.9	35.5	25.6	2.6	40.5	14.9	11.5	19.6	4.5
60-69.....	4.7	68.3	33.1	27.3	3.8	47.6	12.3	19.6	28.2	4.4
70 and over.....	4.7	72.4	41.5	33.9	4.8	52.4	17.0	21.3	30.7	4.9
20 and over.....	37.1	52.7	28.3	22.4	2.1	35.2	11.4	11.1	17.1	5.8
All Individuals.....	100.0	51.4	26.3	21.5	1.9	35.0	12.5	9.5	16.4	7.2

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

Table 1.5-1.--Grain Products: Mean Intakes per Individual in a Day, by Sex and Age, 1 Day, 1987-88

Sex and Age (Years)	Percent of Population	Total	Yeast Breads and Rolls	Quick Breads, Pancakes, French Toast	Cakes, Cookies, Pastries, Pies	Crackers, Popcorn, Pretzels, Corn Chips	Cereals and Pastas	Mixtures	Mainly Ready- to-Eat Cereals
	Percent	Grams							
Males and Females:									
Under 1.....	1.1	50	1/2	2/1	1/4	1/1	34	1/1	1/9
1-2.....	2.9	160	28	5	19	5	56	14	48
3-5.....	4.6	200	39	11	29	4	53	23	64
5 and under.....	8.7	167	30	8	22	4	52	17	51
Males:									
6-11.....	4.4	268	51	16	37	1/8	74	26	83
12-19.....	5.7	304	65	1/28	45	1/10	72	25	82
20-29.....	8.3	293	61	20	32	1/12	62	12	106
30-39.....	8.2	292	65	23	40	7	51	12	105
40-49.....	5.8	275	68	19	36	1/7	58	10	88
50-59.....	4.1	237	69	18	36	5	59	9	51
60-69.....	4.0	239	69	1/20	37	5	54	14	53
70 and over.....	3.0	246	61	19	47	6	73	16	40
20 and over.....	33.4	272	65	20	37	8	58	12	83
Females:									
6-11.....	4.6	231	43	19	30	6	66	20	68
12-19.....	6.1	239	45	13	29	7	52	15	91
20-29.....	8.5	221	42	15	25	6	51	9	81
30-39.....	8.6	217	44	12	28	7	51	12	75
40-49.....	6.4	191	44	1/13	28	6	43	8	56
50-59.....	4.3	187	46	17	24	4	47	9	48
60-69.....	4.7	200	50	12	33	4	61	10	40
70 and over.....	4.7	215	48	1/15	32	3	75	10	42
20 and over.....	37.1	208	45	14	28	6	53	10	62
All Individuals.....	100.0	237	52	16	32	7	57	13	72

1/ Coefficient of variation at least 25% but less than 50%(see appendix D).

2/ Coefficient of variation greater than or equal to 50% (see appendix D).

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

Table 1.5-2.--Grain Products: Percentages of Individuals Using at Least Once, by Sex and Age, 1 Day, 1987-88

Sex and Age (Years)	Percent of Population:	Total	Yeast Breads and Rolls	Quick Breads, Pancakes, French Toast	Cakes, Cookies, Pastries, Pies	Crackers, Popcorn, Pretzels, Corn Chips	Cereals and Pastas	Ready- to-Eat Cereals	Mixtures Mainly Grain
Percent	Percent								
Males and Females:									
Under 1.....	1.1	69.2	5.8	2.6	9.4	12.2	63.0	8.5	6.4
1-2.....	2.9	98.7	69.1	12.9	34.1	25.7	75.2	48.9	27.4
3-5.....	4.6	99.6	71.2	20.1	39.2	19.5	73.8	61.0	31.0
5 and under.....	8.7	95.3	61.9	15.4	33.6	20.6	72.9	50.1	26.6
Males:									
6-11.....	4.4	100.0	77.2	17.2	49.3	19.0	71.5	54.5	40.8
12-19.....	5.7	97.9	71.6	18.9	41.7	16.4	47.2	36.4	28.1
20-29.....	8.3	93.2	68.5	16.5	29.2	18.8	34.6	19.0	29.3
30-39.....	8.2	94.9	73.9	19.7	33.1	15.5	32.6	19.5	27.6
40-49.....	5.8	94.0	73.2	19.2	28.1	12.2	30.4	16.4	23.9
50-59.....	4.1	97.6	75.9	18.1	32.8	17.0	38.6	20.3	15.6
60-69.....	4.0	98.5	82.6	17.9	34.9	14.6	46.3	29.9	20.8
70 and over.....	3.0	97.5	81.5	17.4	41.6	16.8	52.3	33.2	13.6
20 and over.....	33.4	95.3	74.4	18.2	32.2	15.9	36.8	21.4	23.8
Females:									
6-11.....	4.6	99.2	70.0	23.4	46.0	21.2	61.1	45.3	32.1
12-19.....	6.1	96.4	65.6	17.7	31.7	18.5	44.5	32.5	33.9
20-29.....	8.5	93.7	62.7	16.2	27.8	17.4	37.7	21.8	29.0
30-39.....	8.6	93.3	64.7	16.4	30.3	21.0	36.1	21.1	26.2
40-49.....	6.4	94.3	70.1	13.4	32.8	22.5	32.9	17.1	24.4
50-59.....	4.3	96.0	71.1	21.4	29.4	16.8	39.7	21.4	20.2
60-69.....	4.7	98.8	82.4	15.0	36.6	17.7	48.8	29.2	15.8
70 and over.....	4.7	99.2	75.7	13.7	37.7	17.2	55.6	31.4	17.9
20 and over.....	37.1	95.3	69.5	15.9	31.8	19.1	40.4	22.9	23.5
All Individuals.....	100.0	95.9	70.7	17.3	34.1	18.1	45.0	28.6	25.9

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

Table 1.6-1.--Eggs; Legumes; Nuts and Seeds; Fats and Oils; Sugars and Sweets: Mean Intakes per Individual in a Day, by Sex and Age, 1 Day, 1987-88

Sex and Age (Years)	Percent of Population:	Eggs	Legumes	Nuts and Seeds	Fats and Oils			Sugars and Sweets		
					Total	Table Fats	Salad Dressings	Total	Sugars	Candy
<u>Percent</u>		<u>Grams</u>								
Males and Females:										
Under 1.....	1.1	1/3	1/201	0	*	*	0	2/3	*	0
1-2.....	2.9	17	1/11	5	3	2	1/1	11	1	1/3
3-5.....	4.6	9	7	7	5	2	3	26	3	3
5 and under.....	8.7	11	1/34	5	4	2	2	18	2	2
Males:										
6-11.....	4.4	17	9	7	7	4	4	30	2	5
12-19.....	5.7	17	15	4	12	6	6	27	5	1/9
20-29.....	8.3	22	1/39	1/6	15	6	7	22	3	1/6
30-39.....	8.2	30	20	1/5	16	7	8	22	5	1/4
40-49.....	5.8	32	1/28	3	18	6	10	17	7	1/2
50-59.....	4.1	30	21	3	20	7	12	23	7	1/1
60-69.....	4.0	23	1/26	1/4	20	8	9	29	5	4
70 and over.....	3.0	21	1/30	1/6	19	9	1/8	33	6	1/8
20 and over.....	33.4	27	28	5	17	7	9	23	5	4
Females:										
6-11.....	4.6	14	12	1/6	8	4	4	31	2	3
12-19.....	6.1	18	13	1/5	9	4	5	22	2	5
20-29.....	8.5	17	1/16	1/3	14	5	9	15	4	2
30-39.....	8.6	18	18	2	14	5	8	15	5	1/3
40-49.....	6.4	18	9	3	17	6	9	20	4	1/3
50-59.....	4.3	20	27	1/4	15	5	9	15	4	1/3
60-69.....	4.7	17	18	3	13	5	6	16	3	1/4
70 and over.....	4.7	12	13	2	17	7	6	17	2	1/2
20 and over.....	37.1	17	16	3	15	5	8	16	4	3
All Individuals.....	100.0	20	21	4	14	5	7	21	4	4

1/ Coefficient of variation at least 25% but less than 50%(see appendix D).

2/ Coefficient of variation greater than or equal to 50% (see appendix D).

\* Value less than .5 but greater than 0.

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

Table 1.6-2.--Eggs; Legumes; Nuts and Seeds; Fats and Oils; Sugars and Sweets: Percentages of Individuals Using at Least Once, by Sex and Age, 1 Day, 1987-88

Sex and Age (Years)	Percent of Population:	Eggs	Legumes	Nuts and Seeds	Fats and Oils			Sugars and Sweets		
					Total	Table Fats	Salad Dressings	Total	Sugars	Candy
<b>Males and Females:</b>										
Under 1.....	1.1	5.0	21.2	0.0	6.1	6.1	0.0	3.2	1.0	0.0
1-2.....	2.9	26.4	6.5	20.1	33.5	23.9	11.0	33.8	14.5	5.2
3-5.....	4.6	14.8	5.8	25.5	43.3	29.2	19.0	57.4	22.7	9.9
5 and under.....	8.7	17.5	8.0	20.4	35.1	24.4	13.8	42.4	17.1	7.0
<b>Males:</b>										
6-11.....	4.4	20.3	6.6	21.1	48.0	36.3	18.0	53.2	19.5	10.7
12-19.....	5.7	20.2	7.5	10.6	49.3	32.7	24.0	41.4	21.9	10.9
20-29.....	8.3	22.6	10.9	9.6	52.3	32.9	24.9	35.9	19.1	8.9
30-39.....	8.2	27.6	9.5	10.7	61.6	41.5	26.0	45.4	28.7	7.2
40-49.....	5.8	29.8	10.7	5.6	65.3	42.3	34.4	44.6	34.6	3.6
50-59.....	4.1	30.5	12.7	8.3	67.6	44.2	38.7	55.5	43.7	5.4
60-69.....	4.0	27.2	9.6	9.6	69.0	47.8	29.0	59.2	44.3	8.4
70 and over.....	3.0	31.3	14.7	14.1	66.9	51.7	25.5	56.9	41.3	10.2
20 and over.....	33.4	27.4	10.9	9.4	62.1	41.5	29.1	46.8	32.2	7.2
<b>Females:</b>										
6-11.....	4.6	19.5	11.3	18.8	46.7	35.1	19.3	53.6	20.5	10.4
12-19.....	6.1	19.5	8.6	13.1	46.5	27.6	23.1	39.6	15.5	9.4
20-29.....	8.5	22.2	9.4	7.6	56.1	34.1	29.0	38.9	25.7	5.7
30-39.....	8.6	19.8	9.4	7.9	57.2	37.7	25.8	42.0	31.0	5.0
40-49.....	6.4	23.2	8.3	10.6	67.7	46.1	34.0	48.9	35.5	8.0
50-59.....	4.3	24.9	16.6	9.6	69.9	42.1	37.1	49.5	37.2	6.5
60-69.....	4.7	25.1	10.6	10.8	67.6	45.6	26.6	48.0	32.7	6.5
70 and over.....	4.7	22.9	8.6	9.2	68.1	52.4	24.2	51.1	32.0	6.7
20 and over.....	37.1	22.6	10.1	9.0	62.9	41.6	29.2	45.2	31.6	6.2
<b>All Individuals.....</b>	<b>100.0</b>	<b>23.2</b>	<b>9.9</b>	<b>11.5</b>	<b>57.0</b>	<b>38.2</b>	<b>26.2</b>	<b>45.7</b>	<b>28.0</b>	<b>7.5</b>

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.



Table 1.7-1.--Beverages: Mean Intakes per Individual in a Day, by Sex and Age, 1 Day, 1987-88

Sex and Age (Years)	Percent of Population	Total	Alcoholic					Nonalcoholic						
			Total	Wine	Beer and Ale	Total	Coffee	Tea	Fruit Drinks and Ades			Carbonated Soft Drinks		
									Total	Regular	Low- Calorie	Total	Regular	Low- Calorie
-----														
Percent	-----Grams-----													
Males and Females:														
Under 1.....	1.1	1/15	0	0	0	1/15	0	2/5	1/9	1/9	0	0	0	0
1-2.....	2.9	144	0	0	0	144	*	1/24	65	53	1/10	55	49	1/5
3-5.....	4.6	213	0	0	0	213	2/1	28	97	91	1/6	87	73	1/12
5 and under.....	8.7	164	0	0	0	164	2/1	24	75	67	1/7	65	56	1/8
Males:														
6-11.....	4.4	265	2/4	0	2/4	262	2/3	1/44	79	63	1/16	136	111	1/25
12-19.....	5.7	598	2/11	0	2/11	587	2/14	100	83	75	1/9	390	361	2/29
20-29.....	8.3	1,017	1/238	1/5	1/230	779	172	120	77	71	1/6	409	357	49
30-39.....	8.2	1,022	157	1/10	131	865	361	128	1/63	1/43	1/20	312	236	69
40-49.....	5.8	1,091	142	2/6	132	949	490	146	1/55	1/53	1/3	253	178	1/69
50-59.....	4.1	962	80	1/6	58	882	521	168	1/33	26	2/7	159	93	66
60-69.....	4.0	868	93	1/13	1/72	775	521	129	1/12	1/10	2/2	113	57	52
70 and over.....	3.0	692	69	2/12	48	623	399	108	23	23	0	1/93	1/72	1/21
20 and over.....	33.4	977	150	8	132	828	379	133	52	44	1/8	264	202	58
Females:														
6-11.....	4.6	285	0	0	0	285	2/2	50	107	88	1/19	126	108	1/17
12-19.....	6.1	498	2/8	2/1	2/7	490	1/13	85	1/109	1/104	1/5	283	215	66
20-29.....	8.5	670	51	1/13	1/36	620	146	119	67	57	1/10	288	230	57
30-39.....	8.6	872	71	1/21	45	801	306	170	44	40	1/4	280	177	103
40-49.....	6.4	857	1/28	1/12	1/9	829	417	181	31	1/23	2/8	201	104	96
50-59.....	4.3	854	34	1/11	1/19	819	442	154	1/20	1/17	2/3	204	114	89
60-69.....	4.7	672	1/11	1/8	2/2	661	406	124	25	1/21	2/4	107	57	50
70 and over.....	4.7	574	1/6	1/2	1/3	568	344	132	27	25	2/3	66	35	30
20 and over.....	37.1	758	39	13	23	719	321	148	40	34	1/6	211	136	74
All Individuals.....	100.0	711	66	8	54	646	248	116	58	51	8	223	166	55

1/ Coefficient of variation at least 25% but less than 50%(see appendix D).

2/ Coefficient of variation greater than or equal to 50% (see appendix D).

\* Value less than .5 but greater than 0.

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.



Table 1.7-2.--Beverages: Percentages of Individuals Using at Least Once, by Sex and Age, 1 Day, 1987-88

Sex and Age (Years)	Percent of Population	Total	Alcoholic					Nonalcoholic						
			Total	Wine	and Ale	Beer	Total	Coffee	Tea	Fruit Drinks and Ades	Carbonated Soft Drinks	Total	Regular	Low- Calorie
-----Percent-----														
Males and Females:														
Under 1.....	1.1	5.7	0.0	0.0	0.0	5.7	0.0	2.2	3.6	3.6	0.0	0.0	0.0	0.0
1-2.....	2.9	49.6	.0	.0	.0	49.6	.2	9.8	21.2	18.3	2.9	25.4	21.8	3.1
3-5.....	4.6	59.0	.0	.0	.0	59.0	.3	11.5	30.1	28.1	2.0	27.8	23.9	3.7
5 and under.....	8.7	48.8	.0	.0	.0	48.8	.2	9.7	23.6	21.6	2.0	23.4	20.1	3.0
Males:														
6-11.....	4.4	58.2	1.0	.0	1.0	58.2	1.5	12.3	24.4	20.3	4.5	31.8	25.7	7.4
12-19.....	5.7	76.2	1.0	.0	1.0	76.1	3.6	20.6	18.4	15.9	2.6	55.4	50.2	6.3
20-29.....	8.3	89.5	18.8	1.8	15.9	86.6	29.9	18.7	14.5	13.1	1.7	58.9	51.8	8.4
30-39.....	8.2	91.0	21.9	3.8	17.5	89.3	52.9	19.6	10.3	7.8	2.6	51.9	39.2	13.2
40-49.....	5.8	95.3	17.5	2.3	14.6	93.4	66.2	26.8	8.9	8.3	.7	41.1	29.5	12.2
50-59.....	4.1	95.7	16.7	3.3	8.3	95.0	76.9	31.8	8.3	6.6	1.7	33.6	22.8	10.9
60-69.....	4.0	90.2	18.7	6.5	7.9	89.4	76.5	27.1	4.0	3.6	.6	26.0	13.7	11.5
70 and over.....	3.0	94.6	17.3	5.9	7.4	92.2	77.0	27.7	9.0	9.0	.0	22.1	15.8	7.2
20 and over.....	33.4	92.2	18.9	3.5	13.4	90.3	57.5	23.8	10.0	8.7	1.5	43.7	33.5	10.8
Females:														
6-11.....	4.6	69.2	.0	.0	.0	69.2	.4	16.2	30.6	25.5	6.2	32.7	27.7	5.0
12-19.....	6.1	75.4	1.2	.2	1.0	75.3	5.0	18.1	19.7	18.4	1.7	52.0	43.0	12.5
20-29.....	8.5	83.0	10.6	4.0	5.6	80.5	29.5	22.7	12.2	10.0	2.2	50.1	40.2	10.8
30-39.....	8.6	90.3	12.9	5.5	6.6	88.1	45.5	30.5	11.2	10.5	.9	50.0	31.8	19.5
40-49.....	6.4	95.0	10.2	5.3	2.2	94.8	64.6	34.6	6.6	5.5	1.1	42.4	24.2	18.8
50-59.....	4.3	93.6	11.4	6.7	3.9	92.8	69.7	30.8	5.3	4.1	1.2	37.7	21.9	17.6
60-69.....	4.7	89.9	6.6	4.6	.5	89.8	72.0	27.7	8.3	7.7	1.1	26.6	13.8	13.1
70 and over.....	4.7	88.0	4.1	2.1	.8	87.9	74.0	32.3	10.9	10.1	.7	17.0	9.7	7.9
20 and over.....	37.1	89.5	9.8	4.7	3.8	88.2	54.8	29.3	9.6	8.4	1.3	40.2	26.2	14.9
All Individuals.....	100.0	82.9	10.1	2.9	6.0	81.8	40.1	23.2	13.7	12.0	1.9	40.8	30.6	11.1

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

[illegible]

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

[illegible]

NOTE: See "Table Notes."  
SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

Table 2.2-1.--Milk and Milk Products: Mean Intakes per Individual in a Day, by Region, 1 Day, 1987-88

Region, Sex, and Age (Years)	Percent	Total	Total	Milk and Milk Drinks				Milk		
	of							Desserts	Cheese	
	Population:			Total	Fluid Milk			Yogurt		
					Total	Whole	Lowfat/Skim			
<hr/>										
Region	Percent	Grams	Calcium Equivalent	-----Grams-----						
Northeast:										
Males 20 and over...	7.1	266	339	209	195	95	63	2/5	1/29	20
Females 20 and over.	8.1	192	239	155	143	58	64	1/6	17	17
All Individuals.....	20.8	299	354	253	230	116	74	1/5	25	17
Midwest:										
Males 20 and over...	8.1	280	334	233	215	58	140	1/6	24	17
Females 20 and over.	9.1	226	266	184	165	37	120	1/7	24	14
All Individuals.....	24.8	302	342	259	231	63	146	6	25	14
South:										
Males 20 and over...	11.4	230	273	195	173	89	1/63	1/5	15	12
Females 20 and over.	12.7	171	208	141	128	70	47	1/5	16	11
All Individuals.....	34.2	254	283	225	194	112	60	1/4	16	10
West:										
Males 20 and over...	6.8	307	392	253	240	114	122	1/2	27	19
Females 20 and over.	7.3	225	282	186	165	50	111	1/10	15	20
All Individuals.....	20.2	328	388	282	260	104	150	1/7	25	17

1/ Coefficient of variation at least 25% but less than 50%(see appendix D).

2/ Coefficient of variation greater than or equal to 50% (see appendix D).

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

Table 2.2-2.--Milk and Milk Products: Percentages of Individuals Using at Least Once, by Region, 1 Day, 1987-88

Region, Sex, and Age (Years)	:	:	:	Milk and Milk Drinks				:	:
	:	:	:					:	:
	:	:	:					:	:
	:	:	:					:	:
	Percent	Total	:	:	:	:	:	Milk	:
	of	:	:	:	:	:	:	Desserts:	Cheese
	Population:	:	Total	Fluid Milk			Yogurt	:	:
	:	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:	:
	:	:	:	Total	Whole	Lowfat/Skim	:	:	:
	:	:	:	:	:	:	:	:	:
Region	Percent			Percent					
Northeast:									
Males 20 and over...	7.1	84.2	72.7	70.6	35.1	27.1	2.1	16.4	28.0
Females 20 and over.	8.1	82.7	70.5	69.3	33.1	29.1	2.7	11.9	31.2
All Individuals.....	20.8	86.2	76.4	74.0	39.3	27.2	2.5	17.2	30.7
Midwest:									
Males 20 and over...	8.1	77.6	60.2	57.0	15.6	36.8	2.9	17.7	30.2
Females 20 and over.	9.1	79.0	57.5	54.5	14.6	38.2	3.6	18.1	27.1
All Individuals.....	24.8	81.8	66.3	62.5	18.2	40.5	3.1	18.2	27.5
South:									
Males 20 and over...	11.4	64.9	47.3	43.3	20.6	16.9	1.8	11.3	23.3
Females 20 and over.	12.7	67.4	49.5	47.1	25.0	17.6	2.3	11.3	24.6
All Individuals.....	34.2	71.8	58.1	53.6	30.6	17.3	1.9	12.3	21.1
West:									
Males 20 and over...	6.8	75.2	54.8	52.6	25.2	26.5	1.1	16.7	30.9
Females 20 and over.	7.3	74.8	59.7	55.4	16.8	36.4	5.3	11.8	32.0
All Individuals.....	20.2	79.8	64.4	60.9	25.5	35.6	3.8	16.0	30.3

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

Table 2.3-1.--Vegetables: Mean Intakes per Individual in a Day, by Region, 1 Day, 1987-88

Region, Sex, and Age (Years)	:	:	:	Vegetables					
	:	:	:						
	:	:	:						
	Percent	Total							
	of	Vegetables							
	Population	and Fruits		Total	White	Tomatoes	Dark-Green	Deep-Yellow	Other
					Potatoes		Vegetables	Vegetables	Vegetables
Region	Percent	-----Grams-----							
Northeast:									
Males 20 and over...	7.1	378	225	82	32	14	8	90	
Females 20 and over.	8.1	353	192	51	29	14	8	91	
All Individuals.....	20.8	358	186	62	26	1/12	8	79	
Midwest:									
Males 20 and over...	8.1	354	231	94	31	1/6	12	88	
Females 20 and over.	9.1	309	177	59	26	1/9	10	75	
All Individuals.....	24.8	305	175	68	23	7	9	68	
South:									
Males 20 and over...	11.4	353	247	92	28	14	6	106	
Females 20 and over.	12.7	306	187	54	22	13	4	94	
All Individuals.....	34.2	310	192	68	20	11	5	88	
West:									
Males 20 and over...	6.8	383	217	72	1/35	1/13	8	89	
Females 20 and over.	7.3	338	175	43	28	16	7	82	
All Individuals.....	20.2	335	170	54	26	11	7	72	

1/ Coefficient of variation at least 25% but less than 50%(see appendix D).

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

Table 2.3-2.--Vegetables: Percentages of Individuals Using at Least Once, by Region, 1 Day, 1987-88

Region, Sex, and Age (Years)	Percent of Population	Total Vegetables and Fruits	Vegetables					
			Total	White Potatoes	Tomatoes	Dark-Green Vegetables	Deep-Yellow Vegetables	Other Vegetables
Northeast:								
Males 20 and over...	7.1	90.0	83.7	46.7	33.2	9.7	8.5	62.7
Females 20 and over.	8.1	93.5	86.9	41.6	32.6	13.3	12.5	65.3
All Individuals.....	20.8	92.1	84.8	45.6	31.0	9.9	9.9	62.7
Midwest:								
Males 20 and over...	8.1	90.3	83.6	56.2	28.8	6.5	11.9	62.0
Females 20 and over.	9.1	89.3	81.1	45.1	24.5	8.6	11.8	61.2
All Individuals.....	24.8	89.5	81.3	51.0	22.8	7.3	11.0	57.4
South:								
Males 20 and over...	11.4	91.3	86.7	52.2	29.7	11.3	6.3	63.2
Females 20 and over.	12.7	89.2	84.6	41.8	27.2	10.7	6.6	67.1
All Individuals.....	34.2	89.1	83.8	48.0	25.5	9.4	6.1	61.5
West:								
Males 20 and over...	6.8	91.4	85.3	45.4	30.8	8.5	10.7	63.1
Females 20 and over.	7.3	87.8	77.9	35.4	29.0	11.8	9.9	60.5
All Individuals.....	20.2	89.3	79.9	41.0	27.9	8.5	10.3	58.7

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

Table 2.4-1.--Fruits: Mean Intakes per Individual in a Day, by Region, 1 Day, 1987-88

Region, Sex, and Age (Years)	:	:	:	:	:	Other Fruits, Mixtures, Juices				
	:	:	:	:	:					
	:	:	:	:	:					
	:	:	:	:	:					
	Percent	Total	Citrus Fruits and Juices		Dried Fruits					
	of									
	Population		Total	Juices		Total	Apples	Bananas	Other Fruits and Mixtures	Noncitrus Juices and Nectars
									Mainly Fruit	

Region	Percent	-----Grams-----								
Northeast:										
Males 20 and over...	7.1	153	81	71	*	69	14	10	1/25	21
Females 20 and over.	8.1	161	76	63	1/1	81	16	11	38	16
All Individuals.....	20.8	173	82	72	1/1	85	18	11	31	26
Midwest:										
Males 20 and over...	8.1	124	58	50	1/1	65	21	8	1/28	7
Females 20 and over.	9.1	132	57	47	1/1	73	18	10	1/28	16
All Individuals.....	24.8	130	56	48	1/1	73	21	9	27	16
South:										
Males 20 and over...	11.4	106	50	43	2/1	54	14	9	1/20	10
Females 20 and over.	12.7	120	57	46	*	62	14	11	23	15
All Individuals.....	34.2	118	52	44	1/1	63	15	9	21	18
West:										
Males 20 and over...	6.8	166	64	50	1/1	100	22	14	1/56	8
Females 20 and over.	7.3	163	58	48	1/2	102	21	15	1/49	17
All Individuals.....	20.2	166	60	49	1/1	103	23	14	46	20

1/ Coefficient of variation at least 25% but less than 50%(see appendix D).  
2/ Coefficient of variation greater than or equal to 50% (see appendix D).  
\* Value less than .5 but greater than 0.  
NOTE: See "Table Notes."  
SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.



Table 2.4-2.--Fruits: Percentages of Individuals Using at Least Once, by Region, 1 Day, 1987-88

Region, Sex, and Age (Years)	:	:	:	:	:	Other Fruits, Mixtures, Juices					
	:	:	:	Citrus Fruits	:	:					
	:	:	:	and Juices	:	:					
	:	Percent	:	:	:	Dried					
	:	of	Total	:	:	Fruits	:	:	:	:	
	:	Population	:	:	:	:	:	:	Other Fruits	Noncitrus	
	:	:	:	Total	Juices	:	Total	Apples	Bananas	and Mixtures	Juices and
:	:	:	:	:	:	:	:	:	Mainly Fruit	Nectars	
:	:	:	:	:	:	:	:	:	:	:	
<hr/>											
Region	Percent	-----Percent-----									
Northeast:											
Males 20 and over...	7.1	51.3	35.5	31.4	1.2	27.3	8.6	9.7	11.6	6.0	
Females 20 and over.	8.1	62.9	36.9	30.7	1.8	38.3	10.7	10.8	17.5	7.8	
All Individuals.....	20.8	59.8	35.2	30.6	1.6	36.0	11.1	10.3	14.9	9.5	
Midwest:											
Males 20 and over...	8.1	48.7	25.5	21.0	2.3	31.6	13.4	8.0	15.2	2.7	
Females 20 and over.	9.1	51.2	26.6	21.1	1.8	35.0	12.1	10.8	17.9	4.6	
All Individuals.....	24.8	51.7	25.5	21.1	2.3	35.9	14.3	8.6	17.5	5.8	
South:											
Males 20 and over...	11.4	38.6	21.0	16.8	1.7	24.7	8.6	8.4	10.3	3.7	
Females 20 and over.	12.7	45.7	25.8	19.3	.9	29.6	9.8	10.4	12.7	4.8	
All Individuals.....	34.2	44.0	22.8	18.1	1.2	29.3	10.1	8.4	12.5	6.6	
West:											
Males 20 and over...	6.8	52.2	24.3	17.2	1.7	38.8	12.2	11.4	24.4	4.1	
Females 20 and over.	7.3	55.7	25.1	20.2	5.0	41.8	14.1	12.8	23.1	6.5	
All Individuals.....	20.2	55.1	24.1	18.5	3.1	42.5	15.7	11.9	23.0	7.5	

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

Table 2.5-1.--Grain Products: Mean Intakes per Individual in a Day, by Region, 1 Day, 1987-88

	:	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	Cereals and	:
	:	:	:	:	:	Cakes,	Crackers,	Pastas	:
Region,	Percent	:	Yeast	Quick Breads,	Cookies,	Popcorn,	:	Mixtures	:
Sex, and Age	of	Total	Breads	Pancakes,	Pastries,	Pretzels,	:	Mainly	:
(Years)	Population:	:	and Rolls	French Toast	Pies	Corn Chips	:	Ready-	Grain
:	:	:	:	:	:	:	Total	to-Eat	:
:	:	:	:	:	:	:	:	Cereals	:
:	:	:	:	:	:	:	:	:	:

Region	<u>Percent</u>	<u>-Grams-</u>							
Northeast:									
Males 20 and over...	7.1	243	66	9	36	5	51	12	76
Females 20 and over.	8.1	212	50	7	32	6	42	9	75
All Individuals.....	20.8	227	55	9	32	7	47	12	76
Midwest:									
Males 20 and over...	8.1	267	69	1/15	41	7	50	11	85
Females 20 and over.	9.1	202	49	9	33	6	48	9	57
All Individuals.....	24.8	229	55	11	38	6	50	13	69
South:									
Males 20 and over...	11.4	275	62	30	34	8	66	11	75
Females 20 and over.	12.7	211	44	18	25	6	64	9	54
All Individuals.....	34.2	236	49	23	28	6	68	13	63
West:									
Males 20 and over...	6.8	304	66	22	40	1/11	62	16	104
Females 20 and over.	7.3	204	37	19	23	5	54	11	66
All Individuals.....	20.2	256	49	20	32	1/7	58	15	88

1/ Coefficient of variation at least 25% but less than 50%(see appendix D).

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

Table 2.5-2.--Grain Products: Percentages of Individuals Using at Least Once, by Region, 1 Day, 1987-88

Region, Sex, and Age (Years)	Percent of Population	Total	Yeast Breads and Rolls	Quick Breads, Pancakes, French Toast	Cakes, Cookies, Pastries, Pies	Crackers, Popcorn, Pretzels, Corn Chips	Cereals and Pastas	Total	Ready- to-Eat	Mainly Grain
Northeast:										
Males 20 and over...	7.1	93.4	72.2	8.8	31.7	12.0	35.9	23.5	20.1	
Females 20 and over.	8.1	95.2	73.7	9.4	35.5	18.1	38.4	23.6	27.3	
All Individuals.....	20.8	95.4	71.2	10.9	35.7	16.6	42.8	29.2	26.1	
Midwest:										
Males 20 and over...	8.1	94.3	79.5	12.7	39.5	16.3	37.1	23.2	25.0	
Females 20 and over.	9.1	95.8	75.7	12.8	36.1	20.3	40.1	25.0	24.0	
All Individuals.....	24.8	95.9	75.7	12.5	39.7	19.2	45.1	31.1	26.9	
South:										
Males 20 and over...	11.4	95.3	71.2	27.3	27.7	17.4	37.1	19.1	22.0	
Females 20 and over.	12.7	95.9	66.4	20.0	26.7	18.9	42.5	21.2	20.0	
All Individuals.....	34.2	95.6	67.4	23.4	29.4	17.7	47.3	27.0	22.3	
West:										
Males 20 and over...	6.8	98.6	76.2	19.3	31.6	17.0	37.1	20.9	29.3	
Females 20 and over.	7.3	93.9	62.7	19.9	31.2	18.8	39.2	22.6	24.7	
All Individuals.....	20.2	97.0	69.8	19.6	33.4	18.7	43.1	27.5	30.6	

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

Table 2.6-1.--Eggs; Legumes; Nuts and Seeds; Fats and Oils; Sugars and Sweets: Mean Intakes per Individual in a Day, by Region, 1 Day, 1987-88

Region, Sex, and Age (Years)	:	:	:	:	:	Fats and Oils			Sugars and Sweets		
	:	:	:	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:	:	:	:
	:	Percent	:	:	Nuts	:	:	:	:	:	:
	:	of	Eggs	Legumes	and	:	:	:	:	:	:
	:	Population:	:	:	Seeds	:	:	:	:	:	:
:	:	:	:	:	:	Total	Table	Salad	Total	Sugars	Candy
:	:	:	:	:	:	:	Fats	Dressings	:	:	:
:	:	:	:	:	:	:	:	:	:	:	:
:	:	:	:	:	:	:	:	:	:	:	:

Region	<u>Percent</u>	<u>Grams</u>									
Northeast:											
Males 20 and over...	7.1	24	1/15	1/4	19	9	8	19	6	1/3	
Females 20 and over.	8.1	16	9	1/3	16	7	8	13	4	1/3	
All Individuals.....	20.8	18	12	4	15	7	7	17	4	4	
Midwest:											
Males 20 and over...	8.1	20	16	6	20	8	11	30	3	1/6	
Females 20 and over.	9.1	16	1/13	4	18	7	9	17	2	1/3	
All Individuals.....	24.8	16	14	5	15	6	8	22	2	4	
South:											
Males 20 and over...	11.4	30	1/44	1/3	14	6	7	17	7	1/3	
Females 20 and over.	12.7	19	25	2	12	4	7	15	6	1/3	
All Individuals.....	34.2	22	33	3	11	4	6	18	6	3	
West:											
Males 20 and over...	6.8	32	29	5	19	7	11	29	4	1/6	
Females 20 and over.	7.3	18	14	3	15	5	8	21	3	1/2	
All Individuals.....	20.2	22	18	5	15	5	8	29	3	4	

1/ Coefficient of variation at least 25% but less than 50%(see appendix D).

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

Table 2.6-2.--Eggs; Legumes; Nuts and Seeds; Fats and Oils; Sugars and Sweets: Percentages of Individuals Using at Least Once, by Region, 1 Day, 1987-88

[illegible]

Region	Percent	Percent								
Northeast:										
Males 20 and over...	7.1	23.1	7.6	7.3	65.8	50.2	25.4	51.7	41.4	7.5
Females 20 and over.	8.1	17.9	7.0	6.0	64.9	43.7	31.3	49.2	38.0	6.3
All Individuals.....	20.8	19.4	7.2	8.9	60.5	43.6	25.2	48.2	32.1	8.2
Midwest:										
Males 20 and over...	8.1	21.1	8.8	13.4	64.6	43.6	29.5	41.0	23.0	8.0
Females 20 and over.	9.1	21.1	8.4	11.7	66.6	48.6	29.6	40.4	24.8	5.8
All Individuals.....	24.8	19.8	7.6	15.7	58.5	41.6	25.5	41.4	20.5	7.5
South:										
Males 20 and over...	11.4	31.7	15.5	7.2	55.0	31.7	26.9	45.5	32.6	5.4
Females 20 and over.	12.7	24.9	13.5	7.3	57.0	31.8	28.2	46.1	35.3	5.8
All Individuals.....	34.2	25.8	13.7	8.9	50.5	28.7	25.5	44.7	31.2	5.8
West:										
Males 20 and over...	6.8	32.1	9.4	10.6	67.0	46.4	36.2	50.9	32.9	8.7
Females 20 and over.	7.3	25.4	9.8	12.1	66.3	47.6	27.9	45.3	26.8	7.5
All Individuals.....	20.2	26.6	8.9	13.3	62.7	44.6	29.3	50.0	27.3	9.5

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

Table 2.7-1.--Beverages: Mean Intakes per Individual in a Day, by Region, 1 Day, 1987-88

Region, Sex, and Age (Years)	Percent of Population:	Total	Alcoholic					Nonalcoholic						
			Total:	Wine and Ale	Beer and Ale	Total:	Coffee	Tea	Fruit Drinks and Ades			Carbonated Soft Drinks		
									Total:	Regular:	Low- Calorie	Total	Regular:	Low- Calorie
Northeast:														
Males 20 and over...	7.1	870	142	1/11	120	727	388	77	29	26	1/3	233	176	49
Females 20 and over.	8.1	742	27	1/13	1/11	714	351	135	29	25	2/4	200	137	62
All Individuals.....	20.8	671	59	1/9	45	612	271	89	40	37	1/3	213	163	47
Midwest:														
Males 20 and over...	8.1	907	91	1/7	72	816	457	88	24	20	1/4	245	167	77
Females 20 and over.	9.1	724	1/36	1/6	1/24	689	337	106	20	18	2/2	226	129	96
All Individuals.....	24.8	644	44	4	34	600	274	75	35	29	1/5	215	144	71
South:														
Males 20 and over...	11.4	1,083	158	2/5	147	926	322	229	60	48	1/12	315	261	49
Females 20 and over.	12.7	788	1/29	2/8	1/20	758	283	204	48	36	1/11	224	154	69
All Individuals.....	34.2	780	66	2/5	59	715	214	184	77	64	1/13	240	188	51
West:														
Males 20 and over...	6.8	996	1/214	1/13	1/191	782	370	82	1/97	1/85	2/12	232	172	1/57
Females 20 and over.	7.3	769	72	1/29	1/41	696	335	117	63	60	1/3	182	114	68
All Individuals.....	20.2	718	1/98	1/15	1/79	620	248	81	75	70	1/6	215	162	51

1/ Coefficient of variation at least 25% but less than 50%(see appendix D).

2/ Coefficient of variation greater than or equal to 50% (see appendix D).

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

Table 2.7-2.--Beverages: Percentages of Individuals Using at Least Once, by Region, 1 Day, 1987-88

Region, Sex, and Age (Years)	:	:	:	Alcoholic					Nonalcoholic					
	:	:	:	:	:	:	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:	:	:	:	:	:	:
	:	Percent	Total	:	:	:	:	:	:	:	:	:	:	:
	:	of	:	:	:	:	:	:	:	:	:	:	:	:
	:	Population:	:	:	:	:	:	:	:	:	:	:	:	:
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NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.



[illegible]

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

Table 3.1-2.--Meat, Poultry, Fish: Percentages of Individuals Using at Least Once, by Income Level and Race, 1 Day, 1987-88

	:	:	:	:	:	:	:	:	:	:	:
Income, Race,	:	:	:	:	:	:	:	:	:	:	:Mixtures
Sex, and Age	:	Percent	:	:	:	Lamb,	:	:Frankfurters,	:	:	: Mainly
(Years)	:	of	Total	Beef	Pork	Veal,	Organ	Sausages,	:	:	: Meat,
	:	Population:	:	:	:	Game	Meats	Luncheon	:	:	:Poultry,
	:	:	:	:	:	:	:	Meats	:	:	: Fish
	:	:	:	:	:	:	:	:	:	:	: Chicken
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NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

Table 3.2-1.--Milk and Milk Products: Mean Intakes per Individual in a Day, by Income Level and Race, 1 Day, 1987-88

	:	:	:	:					:	:
	:	:	:	:	Milk and Milk Drinks				:	:
	:	:	:	:					:	:
Income, Race,	:	:	:	:					:	:
Sex, and Age	:	Percent	:	:					:	:
(Years)	:	of	:	Total	:	Total	:	:	Milk	:
	:	Population:	:	:	:	:	:	:	Desserts	Cheese
	:	:	:	:	:	:	:	:	:	:
	:	:	:	:	Total	:	:	:	Yogurt	:
	:	:	:	:	:	:	:	:	:	:
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1/ Coefficient of variation at least 25% but less than 50%(see appendix D).

2/ Coefficient of variation greater than or equal to 50% (see appendix D).

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.



Table 3.3-1.--Vegetables: Mean Intakes per Individual in a Day, by Income Level and Race, 1 Day, 1987-88

	:	:	:	Vegetables					
	:	:	:						
	:	:	:						
Income, Race,	:	:	:						
Sex, and Age	:	:	:						
(Years)	:	:	:						
	:	:	:						
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1/ Coefficient of variation at least 25% but less than 50%(see appendix D).

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

Table 3.3-2.--Vegetables: Percentages of Individuals Using at Least Once, by Income Level and Race, 1 Day, 1987-88

Income, Race, Sex, and Age (Years)	:	:	:	Vegetables					
	:	:	:						
	:	:	:						
	:	:	:						
	Percent	Total							
	of	Vegetables							
	Population	and Fruits		Total	White	Tomatoes	Dark-Green	Deep-Yellow	Other
:	:	:	:	Potatoes	:	Vegetables	Vegetables	Vegetables	
:	:	:	:	:	:	:	:	:	
:	:	:	:	:	:	:	:	:	
<u>Percent</u>			<u>Percent</u>						
Income Level									
Under 131% Poverty:									
Males 20 and over...	3.4	91.7	87.8	52.9	24.4	6.9	4.3	60.2	
Females 20 and over.	5.7	86.2	81.0	41.5	22.8	7.2	6.8	59.9	
All Individuals.....	15.4	86.0	79.8	44.4	21.8	7.3	6.8	55.9	
131-300% Poverty:									
Males 20 and over...	8.8	90.9	86.1	56.0	29.5	7.8	9.5	64.2	
Females 20 and over.	9.6	91.1	83.5	45.9	25.3	10.7	10.2	62.8	
All Individuals.....	28.0	91.3	84.1	52.2	24.8	7.4	9.6	61.2	
Over 300% Poverty:									
Males 20 and over...	15.5	90.9	84.5	48.6	31.7	10.4	9.5	62.1	
Females 20 and over.	15.1	90.0	82.8	40.2	31.3	12.2	10.6	65.2	
All Individuals.....	39.9	90.6	83.4	46.9	29.4	10.3	9.4	60.2	
Race									
White:									
Males 20 and over...	28.6	91.7	85.5	52.2	31.1	9.0	9.6	64.1	
Females 20 and over.	31.4	90.5	83.5	43.4	28.9	10.6	10.4	64.3	
All Individuals.....	82.8	90.8	83.3	48.7	27.4	8.6	9.3	61.0	
Black:									
Males 20 and over...	3.4	86.1	83.0	41.1	26.7	13.3	4.9	55.6	
Females 20 and over.	4.2	87.6	81.7	31.4	22.8	14.9	5.5	61.7	
All Individuals.....	12.2	85.9	79.6	38.3	21.7	10.7	6.6	57.8	

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

Table 3.4-1.--Fruits: Mean Intakes per Individual in a Day, by Income Level and Race, 1 Day, 1987-88

Income, Race, Sex, and Age (Years)	Percent of Population	Total	Citrus Fruits and Juices			Other Fruits, Mixtures, Juices				
			Total	Juices	Dried Fruits	Total	Apples	Bananas	Other Fruits and Mixtures	Noncitrus Juices and Nectars
<u>Percent</u>			<u>Grams</u>							
Income Level										
Under 131% Poverty:										
Males 20 and over...	3.4	95	54	42	1/1	40	1/10	1/10	1/14	6
Females 20 and over...	5.7	128	65	56	1/1	60	11	9	27	13
All Individuals.....	15.4	117	56	47	1/1	57	11	8	23	15
131-300% Poverty:										
Males 20 and over...	8.8	111	50	42	*	60	18	7	1/25	9
Females 20 and over...	9.6	133	53	46	1/1	78	14	11	34	20
All Individuals.....	28.0	132	53	46	1/1	77	19	8	28	21
Over 300% Poverty:										
Males 20 and over...	15.5	143	71	62	1/1	70	19	10	29	11
Females 20 and over...	15.1	143	65	50	1/1	77	22	11	28	16
All Individuals.....	39.9	151	69	59	1/1	79	21	11	28	19
Race										
White:										
Males 20 and over...	28.6	132	58	48	1	72	18	11	33	10
Females 20 and over...	31.4	141	59	48	1	80	18	12	36	15
All Individuals.....	82.8	142	59	50	1	81	20	11	32	19
Black:										
Males 20 and over...	3.4	143	88	84	2/1	1/54	2/12	1/6	2/12	2/24
Females 20 and over...	4.2	135	71	62	2/2	60	1/9	1/9	1/15	1/27
All Individuals.....	12.2	141	71	65	2/1	65	12	6	19	1/28

1/ Coefficient of variation at least 25% but less than 50% (see appendix D).

2/ Coefficient of variation greater than or equal to 50% (see appendix D).

\* Value less than .5 but greater than 0.

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.



Table 3.4-2.--Fruits: Percentages of Individuals Using at Least Once, by Income Level and Race, 1 Day, 1987-88

Income, Race, Sex, and Age (Years)	:	:	:	:	:	Other Fruits, Mixtures, Juices					
	:	:	:	Citrus Fruits	:	:					
	:	:	:	and Juices	:	:					
	Percent	:	:	:	Dried						
	of	Total	:	:	Fruits	:	:	:	:	:	
	Population	:	:	:	:	:	:	:	Other Fruits	Noncitrus	
:	:	:	Total	Juices	:	Total	Apples	Bananas	and Mixtures	Juices and	
:	:	:	:	:	:	:	:	:	Mainly Fruit	Nectars	
:	:	:	:	:	:	:	:	:	:	:	
Percent			Percent								
Income Level											
Under 131% Poverty:											
Males 20 and over...	3.4	32.1	20.0	15.6	1.1	19.4	6.3	9.3	7.0	2.0	
Females 20 and over.	5.7	45.2	26.8	20.9	1.3	25.1	8.9	8.7	11.7	4.8	
All Individuals.....	15.4	43.0	23.7	19.1	1.0	26.0	8.4	7.3	12.2	5.8	
131-300% Poverty:											
Males 20 and over...	8.8	41.8	22.0	17.7	.8	26.6	10.3	6.9	12.9	3.1	
Females 20 and over.	9.6	51.1	25.8	21.5	1.7	35.5	9.3	10.9	18.4	6.5	
All Individuals.....	28.0	49.3	23.9	20.1	1.5	34.9	13.0	8.2	15.7	7.6	
Over 300% Poverty:											
Males 20 and over...	15.5	51.4	30.6	24.9	2.6	30.6	11.7	9.1	14.9	4.2	
Females 20 and over.	15.1	55.8	31.3	24.3	2.3	37.7	14.2	10.4	17.3	5.8	
All Individuals.....	39.9	55.2	29.9	24.2	2.6	36.6	14.2	9.9	17.0	7.1	
Race											
White:											
Males 20 and over...	28.6	48.0	25.9	20.7	1.8	31.7	11.0	10.0	15.9	3.8	
Females 20 and over.	31.4	53.4	28.0	22.4	2.1	37.0	12.3	11.4	18.7	5.4	
All Individuals.....	82.8	52.3	26.5	21.5	2.1	36.5	13.3	10.2	17.3	6.9	
Black:											
Males 20 and over...	3.4	36.6	23.9	22.4	1.6	16.9	6.7	5.1	5.7	6.5	
Females 20 and over.	4.2	45.4	26.0	20.0	2.7	24.3	5.8	8.5	7.8	9.0	
All Individuals.....	12.2	46.7	24.3	20.8	1.5	27.0	8.0	5.6	11.1	9.5	

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

Table 3.5-1.--Grain Products: Mean Intakes per Individual in a Day, by Income Level and Race, 1 Day, 1987-88

Income, Race, Sex, and Age (Years)	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	Cereals and	:
	:	:	:	:	:	:	Pastas	:
	Percent	:	Yeast	Quick Breads,	Cakes,	Crackers,	Popcorn,	Mixtures
	of	Total	Breads	Pancakes,	Pastries,	Pretzels,	:	Mainly
	Population:	:	and Rolls	French Toast	Pies	Corn Chips	Ready-	Grain
	:	:	:	:	:	:	Total	to-Eat
	:	:	:	:	:	:	Cereals	:

	<u>Percent</u>	<u>Grams</u>							
Income Level									
Under 131% Poverty:									
Males 20 and over...	3.4	286	65	38	34	4	73	9	72
Females 20 and over...	5.7	225	43	22	24	4	70	11	63
All Individuals.....	15.4	245	50	26	26	4	72	14	67
131-300% Poverty:									
Males 20 and over...	8.8	277	67	25	38	7	57	11	84
Females 20 and over...	9.6	204	48	14	29	5	49	9	59
All Individuals.....	28.0	239	52	19	35	7	55	13	71
Over 300% Poverty:									
Males 20 and over...	15.5	272	65	14	38	9	52	12	93
Females 20 and over...	15.1	208	44	12	30	7	47	10	68
All Individuals.....	39.9	237	53	12	34	8	51	13	79
Race									
White:									
Males 20 and over...	28.6	263	67	18	39	8	48	13	83
Females 20 and over...	31.4	202	46	13	30	6	45	10	63
All Individuals.....	82.8	232	53	15	34	7	49	14	73
Black:									
Males 20 and over...	3.4	314	56	32	1/34	2/4	1/107	2/8	1/81
Females 20 and over...	4.2	217	36	23	20	1/3	1/91	6	44
All Individuals.....	12.2	250	44	25	25	3	90	10	62

1/ Coefficient of variation at least 25% but less than 50% (see appendix D).

2/ Coefficient of variation greater than or equal to 50% (see appendix D).

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

Table 3.5-2.--Grain Products: Percentages of Individuals Using at Least Once, by Income Level and Race, 1 Day, 1987-88

Income, Race, Sex, and Age (Years)	Percent	Total	Yeast Breads and Rolls	Quick Breads, Pancakes, French Toast	Cakes, Cookies, Pastries, Pies	Crackers, Popcorn, Pretzels, Corn Chips	Cereals and Pastas	Ready- to-Eat Cereals	Mixtures Mainly Grain
	of								
	Population						Total		
	:	:	:	:	:	:	:	:	:
Income Level									
Under 131% Poverty:									
Males 20 and over...	3.4	95.6	72.8	25.5	26.7	10.5	34.4	15.9	19.3
Females 20 and over.	5.7	94.5	66.1	18.9	22.7	14.2	41.0	21.4	20.6
All Individuals.....	15.4	94.9	70.1	21.7	26.7	12.7	48.3	30.0	23.3
131-300% Poverty:									
Males 20 and over...	8.8	95.3	72.9	23.3	32.8	15.8	34.1	19.0	21.5
Females 20 and over.	9.6	94.7	69.7	17.9	32.9	19.6	39.5	24.0	22.1
All Individuals.....	28.0	96.3	69.1	20.5	36.5	18.8	44.5	28.7	25.1
Over 300% Poverty:									
Males 20 and over...	15.5	94.4	74.9	12.9	33.6	18.4	36.8	21.8	27.7
Females 20 and over.	15.1	95.5	68.8	13.6	35.0	21.8	39.5	22.6	25.9
All Individuals.....	39.9	95.5	72.0	13.3	36.6	20.1	42.5	27.1	28.1
Race									
White:									
Males 20 and over...	28.6	95.0	75.9	16.8	34.1	17.1	36.5	23.9	23.7
Females 20 and over.	31.4	95.1	70.8	14.9	34.0	20.3	39.4	24.6	24.1
All Individuals.....	82.8	95.8	71.9	16.2	36.2	19.4	43.8	30.1	26.6
Black:									
Males 20 and over...	3.4	97.9	65.2	29.1	23.4	7.4	38.1	7.6	22.5
Females 20 and over.	4.2	97.0	61.0	22.6	21.1	12.3	43.2	12.7	16.8
All Individuals.....	12.2	96.9	64.1	24.5	26.3	10.0	49.8	20.8	20.4

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

Table 3.6-1.--Eggs; Legumes; Nuts and Seeds; Fats and Oils; Sugars and Sweets: Mean Intakes per Individual in a Day, by Income Level and Race, 1 Day, 1987-88

Income, Race, Sex, and Age (Years)	Percent	Eggs	Legumes	Nuts and Seeds	Fats and Oils			Sugars and Sweets		
	of Population:				Total	Table Fats	Salad Dressings	Total	Sugars	Candy
<u>Percent</u>		<u>Grams</u>								
Income Level										
Under 131% Poverty:										
Males 20 and over...	3.4	27	1/38	1/3	15	8	6	17	7	1/1
Females 20 and over.	5.7	18	20	2	10	4	5	12	5	1/1
All Individuals.....	15.4	19	26	4	9	4	5	17	5	2
131-300% Poverty:										
Males 20 and over...	8.8	33	1/33	3	16	7	7	26	6	1/4
Females 20 and over.	9.6	18	15	2	17	6	8	20	4	1/4
All Individuals.....	28.0	22	1/20	3	14	6	6	25	4	4
Over 300% Poverty:										
Males 20 and over...	15.5	23	24	6	20	8	11	24	4	6
Females 20 and over.	15.1	17	15	4	17	6	10	15	3	3
All Individuals.....	39.9	19	19	5	16	6	9	21	3	4
Race										
White:										
Males 20 and over...	28.6	24	24	5	18	7	10	24	5	4
Females 20 and over.	31.4	17	14	3	16	6	8	17	4	3
All Individuals.....	82.8	18	19	4	14	6	8	22	4	4
Black:										
Males 20 and over...	3.4	35	1/37	2/3	10	1/5	1/4	1/17	5	1/2
Females 20 and over.	4.2	17	23	1/2	11	3	7	14	6	2/3
All Individuals.....	12.2	24	28	1/3	8	3	4	18	5	1/3

1/ Coefficient of variation at least 25% but less than 50% (see appendix D).

2/ Coefficient of variation greater than or equal to 50% (see appendix D).

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

Table 3.6-2.--Eggs; Legumes; Nuts and Seeds; Fats and Oils; Sugars and Sweets: Percentages of Individuals Using at Least Once, by Income Level and Race, 1 Day, 1987-88

Income, Race, Sex, and Age (Years)	Percent	Eggs	Legumes	Nuts and Seeds	Fats and Oils			Sugars and Sweets		
	of Population:				Total	Table Fats	Salad Dressings	Total	Sugars	Candy
	:	:	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:	:	:
<hr/>										
	<u>Percent</u>									
<hr/>										
Income Level										
Under 131% Poverty:										
Males 20 and over...	3.4	28.4	15.4	6.6	58.1	36.9	28.0	48.0	35.1	1.7
Females 20 and over.	5.7	24.5	13.5	6.7	50.8	31.0	24.5	48.8	38.9	2.8
All Individuals.....	15.4	23.9	13.9	11.3	48.6	30.8	22.7	46.4	30.4	5.0
131-300% Poverty:										
Males 20 and over...	8.8	32.2	10.0	6.5	60.2	43.8	22.8	46.9	31.6	5.8
Females 20 and over.	9.6	23.2	8.8	7.8	67.3	47.7	26.3	46.2	31.3	6.4
All Individuals.....	28.0	25.0	8.5	9.5	57.5	41.1	22.6	46.9	27.3	7.0
Over 300% Poverty:										
Males 20 and over...	15.5	24.8	11.3	11.2	66.6	44.2	33.5	46.8	30.8	10.0
Females 20 and over.	15.1	20.8	10.2	11.0	66.2	43.2	34.0	43.8	29.2	8.0
All Individuals.....	39.9	21.6	9.7	13.7	62.3	41.4	31.0	45.5	26.9	9.4
Race										
White:										
Males 20 and over...	28.6	25.2	10.4	10.1	64.6	43.0	31.2	48.4	33.3	7.7
Females 20 and over.	31.4	21.4	9.5	9.7	65.5	43.9	30.2	45.5	30.8	6.5
All Individuals.....	82.8	21.7	9.4	12.1	59.9	40.2	27.8	46.8	28.4	7.9
Black:										
Males 20 and over...	3.4	37.2	14.4	5.0	44.2	29.8	15.0	37.4	24.2	3.6
Females 20 and over.	4.2	23.8	12.4	6.2	46.8	26.3	25.0	40.2	34.5	4.0
All Individuals.....	12.2	28.0	12.7	7.0	42.8	27.6	18.7	37.9	25.0	4.3

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

Table 3.7-1.--Beverages: Mean Intakes per Individual in a Day, by Income Level and Race, 1 Day, 1987-88

Income, Race, Sex, and Age (Years)	Percent of Population	Total	Alcoholic			Nonalcoholic								
			Total	Wine	Beer and Ale	Total	Coffee	Tea	Fruit Drinks and Ades			Carbonated Soft Drinks		
									Total	Regular	Low- Calorie	Total	Regular	Low- Calorie
<u>Percent</u> ----- <u>Grams</u> -----														
Income Level														
Under 131% Poverty:														
Males 20 and over...	3.4	991	1/121	2/1	1/119	871	366	219	85	71	1/14	201	162	30
Females 20 and over.	5.7	669	1/9	2/1	1/8	660	255	151	55	48	1/6	199	163	36
All Individuals.....	15.4	593	30	1/1	29	563	180	126	88	74	1/13	170	144	24
131-300% Poverty:														
Males 20 and over...	8.8	1,017	1/152	1/7	1/143	865	405	131	47	1/41	1/7	281	253	27
Females 20 and over.	9.6	761	31	1/4	1/26	730	331	153	44	38	1/6	202	148	53
All Individuals.....	28.0	698	1/60	1/4	1/55	638	243	121	53	48	1/6	220	187	32
Over 300% Poverty:														
Males 20 and over...	15.5	977	166	10	138	811	375	110	43	33	2/9	283	199	79
Females 20 and over.	15.1	822	66	1/25	35	756	356	146	24	18	2/5	231	128	103
All Individuals.....	39.9	772	91	13	68	682	281	107	43	35	1/8	250	168	80
Race														
White:														
Males 20 and over...	28.6	990	140	9	120	850	412	139	37	33	1/5	260	195	61
Females 20 and over.	31.4	787	41	14	24	746	349	157	31	27	1/5	208	127	80
All Individuals.....	82.8	737	65	9	52	672	276	126	43	37	6	227	164	61
Black:														
Males 20 and over...	3.4	835	1/152	2/1	1/149	683	137	80	176	143	1/33	291	267	2/22
Females 20 and over.	4.2	561	2/30	2/4	2/26	531	126	93	99	87	1/12	214	166	46
All Individuals.....	12.2	564	1/53	2/2	1/51	511	82	71	168	148	1/20	191	166	1/24

1/ Coefficient of variation at least 25% but less than 50% (see appendix D).

2/ Coefficient of variation greater than or equal to 50% (see appendix D).

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

Table 3.7-2.--Beverages: Percentages of Individuals Using at Least Once, by Income Level and Race, 1 Day, 1987-88

Income, Race, Sex, and Age (Years)	Percent of Population	Total	Alcoholic					Nonalcoholic						
			Total	Wine	Beer and Ale	Total	Coffee	Tea	Fruit Drinks and Ades			Carbonated Soft Drinks		
									Total	Regular	Low- Calorie	Total	Regular	Low- Calorie
<u>Percent</u> ----- <u>Percent</u> -----														
Income Level														
Under 131% Poverty:														
Males 20 and over...	3.4	90.9	11.2	0.5	10.3	89.8	53.9	32.9	16.8	15.0	2.0	37.2	29.1	6.7
Females 20 and over.	5.7	86.8	1.8	.4	1.1	86.5	50.8	27.5	11.2	10.0	1.3	38.3	31.0	7.7
All Individuals.....	15.4	76.3	3.2	.3	2.7	75.9	32.0	23.4	18.4	16.2	2.4	33.2	27.9	5.1
131-300% Poverty:														
Males 20 and over...	8.8	92.1	16.4	2.3	12.4	91.0	57.8	23.2	10.6	9.0	1.6	44.7	39.9	5.5
Females 20 and over.	9.6	90.4	7.8	2.4	4.4	89.2	54.4	29.6	12.6	11.3	1.3	38.5	28.7	10.5
All Individuals.....	28.0	82.5	7.9	1.6	5.4	81.7	37.4	24.2	14.4	13.0	1.5	40.0	33.8	6.6
Over 300% Poverty:														
Males 20 and over...	15.5	92.6	23.2	4.6	15.0	89.6	57.1	20.2	8.3	6.8	1.6	46.1	32.2	14.4
Females 20 and over.	15.1	90.9	15.7	8.0	5.6	88.8	56.5	29.3	6.1	5.1	1.1	44.3	24.4	21.0
All Individuals.....	39.9	86.0	15.2	4.8	8.2	84.1	43.8	21.3	11.2	9.2	2.2	46.1	30.8	16.4
Race														
White:														
Males 20 and over...	28.6	92.4	19.4	3.8	13.2	90.8	60.7	24.3	7.4	6.5	1.0	43.2	31.9	11.5
Females 20 and over.	31.4	90.0	10.7	5.1	4.0	88.9	57.5	30.8	7.8	6.8	1.1	39.3	24.2	16.0
All Individuals.....	82.8	83.4	10.9	3.3	6.2	82.4	43.3	24.4	10.9	9.4	1.6	41.2	29.7	12.3
Black:														
Males 20 and over...	3.4	88.9	12.6	.3	11.6	88.1	28.9	18.0	30.9	27.0	4.2	48.0	45.0	4.4
Females 20 and over.	4.2	85.4	6.0	2.1	3.6	82.9	34.9	20.1	20.6	18.5	2.3	43.6	34.4	9.9
All Individuals.....	12.2	81.0	5.7	.8	4.6	80.0	20.6	16.9	32.4	29.4	3.3	37.0	32.5	5.2

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.



Table 4.1.--Nutrient Intakes: Mean per Individual in a Day, by Sex and Age, 1 Day, 1987-88

Sex and Age (Years)	Percent of Population	Food Energy	Protein	Fat	Saturated Fatty Acids	Monounsaturated Fatty Acids	Polyunsaturated Fatty Acids	Cholesterol
	Percent	Kilocalories						Milligrams
<b>Males and Females:</b>								
Under 1.....	1.1	832	22.3	34.8	17.7	6.1	7.8	64
1-2.....	2.9	1,176	48.3	47.2	19.5	17.2	7.0	200
3-5.....	4.6	1,375	52.7	52.6	20.7	19.5	8.5	189
5 and under.....	8.7	1,237	47.3	48.4	19.9	16.9	7.9	177
<b>Males:</b>								
Under 1.....	.5	882	22.8	37.5	18.9	6.3	8.6	54
1-2.....	1.4	1,223	50.9	48.5	20.0	17.9	7.0	196
3-5.....	2.5	1,445	55.0	55.2	21.4	20.4	9.4	202
6-11.....	4.4	1,883	72.7	75.8	29.5	28.0	12.6	272
12-19.....	5.7	2,417	91.2	97.8	37.4	36.6	16.2	337
20-29.....	8.3	2,354	90.2	96.1	34.7	36.2	17.9	340
30-39.....	8.2	2,310	95.2	99.4	36.2	37.4	18.1	399
40-49.....	5.8	2,100	88.6	88.9	31.2	33.6	16.7	375
50-59.....	4.1	1,893	81.5	82.2	29.2	31.0	15.5	354
60-69.....	4.0	1,935	80.5	81.3	27.8	30.8	16.3	312
70 and over.....	3.0	1,929	78.2	79.5	27.3	30.3	15.9	307
80 and over.....	.8	1,782	64.8	72.3	26.1	27.6	13.4	292
20 and over.....	33.4	2,154	87.8	90.7	32.3	34.2	17.1	356
<b>Females:</b>								
Under 1.....	.6	786	21.8	32.4	16.5	5.9	7.1	73
1-2.....	1.5	1,132	45.9	45.9	19.1	16.5	7.0	204
3-5.....	2.1	1,291	49.9	49.4	19.8	18.3	7.5	174
6-11.....	4.6	1,680	63.4	66.3	25.5	24.6	11.2	239
12-19.....	6.1	1,716	66.4	69.1	26.3	26.0	11.5	258
20-29.....	8.5	1,577	62.5	64.7	23.5	23.7	12.5	249
30-39.....	8.6	1,555	62.5	63.1	22.8	23.1	12.2	253
40-49.....	6.4	1,466	61.1	61.5	22.0	22.6	12.1	243
50-59.....	4.3	1,483	65.3	60.1	21.1	22.2	11.9	258
60-69.....	4.7	1,398	61.3	55.6	19.3	20.7	11.2	234
70 and over.....	4.7	1,399	58.6	56.5	20.1	21.1	10.9	225
80 and over.....	1.6	1,317	55.3	52.0	18.6	19.6	9.7	220
20 and over.....	37.1	1,497	61.9	61.1	21.8	22.5	11.9	245
<b>All Individuals.....</b>	<b>100.0</b>	<b>1,785</b>	<b>71.8</b>	<b>73.3</b>	<b>26.8</b>	<b>27.3</b>	<b>13.5</b>	<b>283</b>

Table 4.1.--Nutrient Intakes: Mean per Individual in a Day, by Sex and Age, 1 Day, 1987-88--continued

Sex and Age (Years)	Carbohydrate	Dietary Fiber	Vitamin A	Vitamin A	Carotenes	Vitamin E	Vitamin C	Thiamin
	Grams	Units	Micrograms Retinol Equivalents	Micrograms Retinol Equivalents	Milligrams Alpha-Tocopherol Equivalents	Milligrams	Milligrams	Milligrams
Males and Females:								
Under 1.....	109.8	4.0	5,006	940	1/333	12.2	145	1.25
1-2.....	143.0	7.0	3,478	683	188	4.0	71	1.04
3-5.....	177.7	8.9	5,333	1,034	303	5.2	76	1.19
5 and under.....	157.1	7.6	4,663	903	268	5.7	83	1.15
Males:								
Under 1.....	115.9	1/4.4	1/6,084	1,082	1/457	13.7	164	1.28
1-2.....	149.3	7.7	3,826	719	224	4.0	75	1.16
3-5.....	187.5	9.6	5,338	1,108	282	5.8	82	1.27
6-11.....	233.8	12.6	5,455	1,061	293	7.3	93	1.61
12-19.....	298.6	15.3	6,318	1,148	375	9.7	114	1.87
20-29.....	272.2	16.1	5,591	971	360	9.9	98	1.62
30-39.....	250.1	15.6	6,521	1,044	459	10.5	93	1.64
40-49.....	229.1	14.2	5,949	938	426	9.1	94	1.52
50-59.....	202.2	13.0	6,569	1,048	462	8.5	96	1.47
60-69.....	215.5	15.3	9,373	1,406	705	10.6	111	1.60
70 and over.....	222.6	16.8	7,680	1,240	532	10.2	112	1.59
80 and over.....	217.1	15.2	7,316	1,254	474	8.6	124	1.40
20 and over.....	239.4	15.2	6,639	1,068	465	9.8	99	1.59
Females:								
Under 1.....	104.2	3.7	4,024	810	1/221	10.9	128	1.22
1-2.....	137.1	6.5	3,154	648	155	3.9	67	.93
3-5.....	165.9	8.1	5,327	945	1/329	4.5	68	1.09
6-11.....	213.4	11.4	4,721	900	262	6.8	90	1.36
12-19.....	211.2	10.5	4,466	808	295	6.7	95	1.31
20-29.....	186.2	10.3	5,046	807	361	7.0	76	1.12
30-39.....	182.1	11.4	5,521	909	377	6.9	79	1.15
40-49.....	165.7	10.7	5,545	859	403	6.7	79	1.07
50-59.....	170.9	12.5	6,076	982	421	7.2	91	1.18
60-69.....	166.1	12.1	6,503	986	483	6.6	91	1.14
70 and over.....	168.2	11.7	6,204	1,110	384	7.3	100	1.22
80 and over.....	161.3	10.3	6,494	1,345	311	6.9	91	1.19
20 and over.....	175.2	11.3	5,690	921	397	6.9	84	1.14
All Individuals.....	208.6	12.5	5,823	980	390	8.0	92	1.37

1/ Coefficient of variation at least 25% but less than 50%(see appendix D).

Table 4.1.--Nutrient Intakes: Mean per Individual in a Day, by Sex and Age, 1 Day, 1987-88--continued

Sex and Age (Years)	: Riboflavin	: Niacin	: Vitamin B-6	: Folate	: Vitamin B-12	: Calcium	: Phosphorus
	:	:	:	:	:	:	:
	:	:	:	:	:	:	:
	----- <u>Milligrams</u> -----		----- <u>Micrograms</u> -----		----- <u>Milligrams</u> -----		
Males and Females:							
Under 1.....	1.69	12.6	0.72	171	3.06	732	591
1-2.....	1.60	12.1	1.12	153	3.59	780	914
3-5.....	1.75	15.1	1.32	202	4.98	772	975
5 and under.....	1.69	13.8	1.18	181	4.26	769	905
Males:							
Under 1.....	1.73	13.6	.78	177	3.21	783	621
1-2.....	1.67	12.7	1.18	163	3.57	815	954
3-5.....	1.87	16.0	1.43	218	<u>1</u> /5.31	825	1,036
6-11.....	2.25	20.4	1.81	259	5.13	1,022	1,306
12-19.....	2.49	24.3	2.00	299	6.84	1,114	1,551
20-29.....	2.06	24.0	1.85	270	6.41	924	1,437
30-39.....	2.08	25.2	1.91	260	6.01	896	1,443
40-49.....	1.86	23.1	1.71	235	5.85	750	1,274
50-59.....	1.79	21.2	1.67	240	5.29	695	1,173
60-69.....	1.98	22.4	1.83	271	5.88	766	1,229
70 and over.....	1.94	21.7	1.87	268	5.69	721	1,206
80 and over.....	1.68	18.5	1.48	260	<u>1</u> /6.37	581	1,071
20 and over.....	1.98	23.4	1.82	257	5.95	821	1,332
Females:							
Under 1.....	1.64	11.8	.68	166	2.93	685	564
1-2.....	1.54	11.5	1.07	144	3.61	748	878
3-5.....	1.60	14.0	1.19	181	4.57	708	902
6-11.....	1.87	17.5	1.54	222	4.55	823	1,115
12-19.....	1.74	17.3	1.38	222	4.33	781	1,112
20-29.....	1.43	16.0	1.24	187	5.04	651	979
30-39.....	1.48	17.0	1.32	198	4.73	606	973
40-49.....	1.36	16.1	1.24	188	4.83	569	915
50-59.....	1.52	18.0	1.39	222	5.22	584	986
60-69.....	1.43	16.4	1.33	201	4.25	566	928
70 and over.....	1.58	16.4	1.44	227	<u>1</u> /6.35	603	918
80 and over.....	1.65	17.0	1.44	231	<u>1</u> /9.20	554	868
20 and over.....	1.46	16.6	1.31	201	5.02	602	953
All Individuals.....	1.78	19.3	1.55	228	5.31	758	1,142

1/ Coefficient of variation at least 25% but less than 50% (see appendix D).

Table 4.1.--Nutrient Intakes: Mean per Individual in a Day, by Sex and Age, 1 Day, 1987-88--  
continued

Sex and Age (Years)	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
-----Milligrams-----						
Males and Females:						
Under 1.....	111	18.7	6.0	0.8	440	1,218
1-2.....	168	8.8	6.5	.6	1,873	1,765
3-5.....	183	10.6	8.0	.7	2,155	1,808
5 and under.....	168	11.1	7.3	.7	1,836	1,716
Males:						
Under 1.....	112	19.4	6.4	.9	425	1,288
1-2.....	180	10.0	7.1	.7	1,971	1,880
3-5.....	194	11.5	8.0	.8	2,349	1,877
6-11.....	249	14.5	10.6	1.0	2,988	2,476
12-19.....	287	17.6	13.8	1.3	3,916	2,974
20-29.....	289	15.1	13.0	1.3	3,885	2,836
30-39.....	296	15.6	13.7	1.3	3,957	2,977
40-49.....	267	14.6	12.7	1.2	3,735	2,740
50-59.....	255	13.6	11.8	1.2	3,672	2,726
60-69.....	281	14.5	12.0	1.2	3,406	2,897
70 and over.....	280	14.9	12.1	1.3	3,329	2,836
80 and over.....	252	12.7	9.4	1.2	2,858	2,512
20 and over.....	281	14.9	12.8	1.3	3,743	2,847
Females:						
Under 1.....	110	18.1	5.6	.7	453	1,154
1-2.....	157	7.7	6.0	.6	1,783	1,658
3-5.....	169	9.5	8.1	.7	1,920	1,724
6-11.....	214	12.0	9.2	.9	2,692	2,153
12-19.....	203	12.0	9.7	.9	2,897	2,061
20-29.....	192	10.6	8.6	.9	2,559	1,991
30-39.....	213	11.3	8.8	.9	2,513	2,130
40-49.....	206	10.5	8.8	.9	2,402	2,146
50-59.....	229	11.6	9.2	1.0	2,478	2,336
60-69.....	217	10.6	8.9	1.0	2,348	2,229
70 and over.....	212	11.2	8.5	1.0	2,282	2,200
80 and over.....	194	11.5	8.5	1.0	2,229	1,998
20 and over.....	209	10.9	8.8	.9	2,451	2,146
All Individuals.....	236	12.9	10.4	1.0	2,974	2,399

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

Table 4.2.--Nutrient Intakes: Mean per Individual in a Day, by Region, 1 Day, 1987-88

Region, Sex, and Age (Years)	Percent of Population	Food Energy Kilocalories	Protein Grams	Total Fat Grams	Saturated Fatty Acids Grams	Monounsaturated Fatty Acids Grams	Polyunsaturated Fatty Acids Grams	Cholesterol Milligrams
Northeast:								
Males and Females:								
Under 1.....	0.2	838	22.6	33.9	17.6	5.8	7.4	159
1-2.....	.5	1,176	48.6	46.9	20.2	16.8	6.5	207
3-5.....	.7	1,470	54.8	56.3	23.1	20.7	8.3	187
5 and under.....	1.4	1,293	48.9	50.4	21.4	17.6	7.6	179
Males:								
6-11.....	1.1	1,943	74.1	79.1	32.7	28.6	12.2	300
12-19.....	1.2	2,503	91.7	106.4	43.2	38.5	16.8	341
20-39.....	3.2	2,128	84.6	90.7	34.5	33.1	16.3	358
40-59.....	2.3	1,927	83.0	81.1	30.7	29.8	14.2	341
60 and over.....	1.5	1,805	73.5	75.5	26.5	28.5	14.9	281
20 and over.....	7.1	1,992	81.6	84.3	31.5	31.0	15.3	336
Females:								
6-11.....	.9	1,640	61.3	66.0	26.1	24.4	10.5	273
12-19.....	1.1	1,929	74.2	77.3	31.0	28.6	12.0	242
20-39.....	3.3	1,516	59.6	61.4	22.2	22.3	12.1	246
40-59.....	2.7	1,411	58.3	59.5	21.3	21.6	12.0	238
60 and over.....	2.0	1,451	62.7	60.0	22.2	21.7	11.6	223
20 and over.....	8.1	1,464	59.9	60.4	21.9	21.9	12.0	238
All Individuals.....	20.8	1,750	70.0	72.7	27.6	26.5	13.1	278
Midwest:								
Males and Females:								
Under 1.....	.2	862	24.0	31.8	14.7	6.7	7.5	75
1-2.....	.7	1,154	46.7	47.6	19.7	17.3	7.1	174
3-5.....	1.2	1,254	47.9	50.3	18.7	18.8	9.0	189
5 and under.....	2.1	1,175	44.7	47.2	18.5	16.9	8.2	170
Males:								
6-11.....	1.1	1,812	66.9	74.2	28.5	27.4	12.8	240
12-19.....	1.4	2,187	83.9	91.4	35.7	34.0	14.9	289
20-39.....	4.1	2,302	90.7	100.1	35.7	38.1	18.8	354
40-59.....	2.4	1,893	83.4	83.4	29.6	31.4	15.7	307
60 and over.....	1.7	1,940	82.9	84.9	29.6	32.4	16.3	315
20 and over.....	8.1	2,108	87.0	92.1	32.7	35.0	17.4	332
Females:								
6-11.....	1.1	1,605	58.3	61.8	23.7	23.3	10.1	201
12-19.....	1.8	1,535	60.8	64.6	25.1	24.4	10.1	244
20-39.....	4.5	1,542	61.6	65.6	24.1	24.0	12.6	237
40-59.....	2.6	1,614	68.7	68.4	24.9	25.1	12.9	264
60 and over.....	2.0	1,360	56.2	55.1	19.0	20.9	10.9	196
20 and over.....	9.1	1,522	62.4	64.1	23.2	23.6	12.3	236
All Individuals.....	24.8	1,739	70.0	73.8	27.0	27.6	13.5	264

1/ Coefficient of variation at least 25% but less than 50%(see appendix D).

Table 4.2.--Nutrient Intakes: Mean per Individual in a Day, by Region, 1 Day, 1987-88--continued

Region, Sex, and Age (Years)	Percent of Population	Food Energy	Protein	Fat	Saturated Fatty Acids	Monounsaturated Fatty Acids	Polyunsaturated Fatty Acids	Cholesterol
		Kilocalories			Grams			Milligrams
South:								
Males and Females:								
Under 1.....	0.6	820	20.5	36.4	19.1	5.7	8.1	56
1-2.....	1.3	1,171	49.8	46.7	18.5	17.2	7.3	222
3-5.....	1.8	1,340	52.1	50.0	19.3	18.8	8.1	184
5 and under.....	3.6	1,196	46.1	46.6	19.0	16.1	7.8	177
Males:								
6-11.....	1.2	1,855	76.0	76.1	28.3	28.7	13.4	286
12-19.....	1.8	2,558	99.3	100.2	36.6	38.1	17.3	374
20-39.....	5.7	2,391	96.7	98.2	34.4	37.3	18.7	366
40-59.....	3.3	2,152	88.3	91.0	30.4	35.6	17.5	405
60 and over.....	2.4	1,974	84.0	80.7	26.7	31.3	16.4	345
20 and over.....	11.4	2,234	91.6	92.4	31.6	35.6	17.9	373
Females:								
6-11.....	1.6	1,710	65.8	71.0	26.4	26.5	12.6	254
12-19.....	2.0	1,741	66.0	65.6	23.8	25.3	11.2	278
20-39.....	5.9	1,605	64.4	65.3	23.1	24.3	12.7	269
40-59.....	3.4	1,469	62.9	59.8	20.5	22.5	12.0	256
60 and over.....	3.4	1,390	61.2	54.2	18.7	20.6	10.5	251
20 and over.....	12.7	1,512	63.1	60.9	21.2	22.8	11.9	261
All Individuals.....	34.2	1,808	73.4	73.2	25.9	27.7	13.8	297
West:								
Males and Females:								
Under 1.....	.1	821	26.8	34.6	16.9	7.1	7.6	1/83
1-2.....	.5	1,220	46.5	48.2	21.1	17.1	6.7	173
3-5.....	.9	1,520	58.4	57.5	23.7	20.5	9.0	202
5 and under.....	1.6	1,366	52.0	52.6	22.3	18.3	8.2	183
Males:								
6-11.....	1.0	1,931	73.7	73.4	28.4	27.1	12.1	257
12-19.....	1.3	2,384	87.4	93.2	35.0	35.6	15.6	331
20-39.....	3.5	2,462	95.9	100.8	37.6	37.8	17.5	403
40-59.....	1.9	2,038	87.2	87.1	31.0	32.0	17.2	402
60 and over.....	1.4	1,992	74.3	80.6	28.1	29.8	16.8	274
20 and over.....	6.8	2,245	89.0	92.8	33.8	34.5	17.3	376
Females:								
6-11.....	1.0	1,753	67.0	64.2	25.4	23.1	10.8	230
12-19.....	1.3	1,757	68.3	73.9	27.9	27.3	13.4	262
20-39.....	3.4	1,578	63.3	61.7	22.9	22.4	11.7	241
40-59.....	2.0	1,384	61.4	55.3	19.8	20.3	10.8	232
60 and over.....	1.9	1,399	58.7	56.3	19.6	20.7	11.5	234
20 and over.....	7.3	1,477	61.6	58.5	21.2	21.4	11.4	237
All Individuals.....	20.2	1,838	73.0	73.7	27.4	27.2	13.5	288

1/ Coefficient of variation at least 25% but less than 50%(see appendix D).



Table 4.2.--Nutrient Intakes: Mean per Individual in a Day, by Region, 1 Day, 1987-88--continued

Region, Sex, and Age (Years)	Carbohydrate	Dietary Fiber	Vitamin A	Vitamin A	Carotenes	Vitamin E	Vitamin C	Thiamin
	-----Grams-----	International Units	Micrograms Retinol -----Equivalents-----	Micrograms Retinol -----Equivalents-----	Milligrams Alpha-Tocopherol Equivalents	Milligrams Alpha-Tocopherol Equivalents	-----Milligrams-----	
<b>Northeast:</b>								
Males and Females:								
Under 1.....	113.1	4.0	3,398	733	1/200	11.3	125	1.47
1-2.....	143.1	6.0	4,191	806	1/225	3.5	65	1.06
3-5.....	191.5	8.9	4,473	879	265	4.8	93	1.13
5 and under.....	165.2	7.3	4,249	836	243	5.1	87	1.15
Males:								
6-11.....	239.9	11.0	5,574	1,066	304	6.0	124	1.67
12-19.....	300.8	14.9	5,400	945	337	8.1	115	1.89
20-39.....	234.2	12.6	5,837	1,013	380	10.1	101	1.57
40-59.....	204.1	13.2	6,751	1,082	473	8.7	98	1.49
60 and over.....	195.9	13.3	9,241	1,471	652	10.7	109	1.66
20 and over.....	216.1	13.0	6,876	1,135	469	9.8	102	1.56
Females:								
6-11.....	205.6	9.8	4,507	850	1/255	5.9	99	1.23
12-19.....	238.5	10.9	3,924	746	216	5.8	110	1.48
20-39.....	181.4	10.1	5,569	834	421	6.8	78	1.11
40-59.....	161.2	10.4	6,484	1,121	411	7.6	93	1.06
60 and over.....	168.1	11.7	7,473	1,199	522	7.7	111	1.27
20 and over.....	171.2	10.6	6,353	1,022	443	7.3	91	1.14
All Individuals.....	202.3	11.5	6,094	1,025	406	7.8	99	1.38
<b>Midwest:</b>								
Males and Females:								
Under 1.....	122.8	4.3	4,741	871	1/297	10.2	161	1.48
1-2.....	138.1	7.0	3,724	754	183	4.2	63	1.03
3-5.....	157.4	9.2	1/6,479	1,045	1/449	5.8	66	1.16
5 and under.....	147.0	7.9	5,382	930	1/345	5.8	76	1.16
Males:								
6-11.....	225.8	12.4	5,601	1,124	292	9.0	83	1.62
12-19.....	262.4	14.2	6,196	1,181	1/347	9.7	93	1.75
20-39.....	255.1	15.0	6,677	1,042	485	9.9	92	1.59
40-59.....	197.0	12.7	6,568	1,029	473	8.6	83	1.48
60 and over.....	213.3	15.1	7,957	1,344	523	11.5	102	1.65
20 and over.....	229.5	14.3	6,906	1,100	489	9.8	91	1.57
Females:								
6-11.....	210.5	11.8	4,908	981	259	7.8	94	1.37
12-19.....	182.3	9.8	5,261	913	334	7.4	77	1.19
20-39.....	176.6	10.3	6,019	916	447	7.5	72	1.14
40-59.....	177.3	12.0	5,828	920	416	7.0	77	1.23
60 and over.....	165.0	11.6	6,103	903	476	6.9	88	1.10
20 and over.....	174.2	11.1	5,984	914	445	7.2	77	1.16
All Individuals.....	199.5	12.1	6,128	1,004	422	8.2	84	1.36

1/ Coefficient of variation at least 25% but less than 50%(see appendix D).



Table 4.2.--Nutrient Intakes: Mean per Individual in a Day, by Region, 1 Day, 1987-88--continued

Region, Sex, and Age (Years)	: : Carbohydrate :	: : Dietary Fiber :	: : Vitamin A :	: : Vitamin A :	: : Carotenes :	: : Vitamin E :	: : Vitamin C :	: : Thiamin :
	-----Grams-----	Units	Micrograms Retinol -----Equivalents-----	Milligrams Alpha-Tocopherol Equivalents	-----Milligrams-----			
<b>South:</b>								
<b>Males and Females:</b>								
Under 1.....	104.9	1/3.8	1/5,740	1,041	1/411	13.7	148	1.10
1-2.....	141.0	7.0	2,900	585	160	4.0	81	1.07
3-5.....	174.9	8.4	4,309	1,051	159	4.9	80	1.22
5 and under.....	151.6	7.1	4,047	885	200	6.0	91	1.15
<b>Males:</b>								
6-11.....	220.7	12.5	4,469	886	231	7.4	86	1.51
12-19.....	320.2	17.2	6,795	1,283	378	11.9	134	2.14
20-39.....	269.6	17.0	5,488	964	345	10.3	88	1.64
40-59.....	237.8	13.5	5,317	832	383	9.1	91	1.50
60 and over.....	228.7	17.0	8,085	1,214	607	9.9	117	1.62
20 and over.....	251.8	16.0	5,985	978	411	9.8	95	1.59
<b>Females:</b>								
6-11.....	206.3	10.7	3,930	764	207	6.6	74	1.38
12-19.....	223.5	10.3	4,029	747	1/318	5.9	1/120	1.36
20-39.....	190.0	11.3	4,667	861	275	6.7	76	1.17
40-59.....	170.0	11.5	4,649	723	336	6.5	81	1.11
60 and over.....	166.7	11.8	6,232	1,145	368	6.3	86	1.20
20 and over.....	178.5	11.5	5,080	900	316	6.5	80	1.16
All Individuals.....	212.8	12.8	5,224	929	331	7.9	91	1.39
<b>West:</b>								
<b>Males and Females:</b>								
Under 1.....	103.4	4.2	4,168	868	1/216	10.7	124	1.22
1-2.....	155.1	8.4	3,928	712	1/234	4.1	60	.94
3-5.....	198.0	9.6	1/6,479	1,111	1/420	5.3	68	1.21
5 and under.....	176.5	8.8	5,490	966	1/345	5.4	71	1.13
<b>Males:</b>								
6-11.....	252.2	14.6	6,395	1,206	1/359	6.9	79	1.65
12-19.....	305.0	14.1	1/6,653	1,120	1/438	8.2	108	1.62
20-39.....	279.8	17.9	6,445	1,032	453	10.4	108	1.72
40-59.....	226.9	15.7	6,611	1,066	462	9.0	111	1.57
60 and over.....	232.4	18.2	9,757	1,377	776	9.9	117	1.41
20 and over.....	254.9	17.3	7,168	1,112	521	9.9	111	1.61
<b>Females:</b>								
6-11.....	235.0	13.5	5,964	1,072	1/359	7.0	104	1.44
12-19.....	210.3	11.7	4,470	808	267	7.6	69	1.26
20-39.....	186.7	11.6	5,105	801	377	6.9	87	1.09
40-59.....	161.1	11.9	6,528	916	524	6.5	85	1.04
60 and over.....	169.3	12.5	5,666	874	413	7.3	106	1.14
20 and over.....	175.1	11.9	5,645	852	427	6.9	92	1.09
All Individuals.....	219.2	13.8	6,185	990	436	7.9	96	1.36

1/ Coefficient of variation at least 25% but less than 50%(see appendix D).

Table 4.2.--Nutrient Intakes: Mean per Individual in a Day, by Region, 1 Day 1987-88--continued

Region, Sex, and Age (Years)	Riboflavin	Niacin	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus
	Milligrams	Milligrams	Micrograms	Micrograms	Micrograms	Milligrams	Milligrams
<b>Northeast:</b>							
<b>Males and Females:</b>							
Under 1.....	1.86	16.7	0.73	150	2.81	816	650
1-2.....	1.74	13.3	1.16	165	3.40	848	970
3-5.....	1.72	15.1	1.35	192	3.99	846	1,023
5 and under.....	1.74	14.6	1.21	177	3.64	843	961
<b>Males:</b>							
6-11.....	2.47	19.1	1.78	260	5.48	1,180	1,387
12-19.....	2.35	24.0	1.88	289	6.16	1,128	1,611
20-39.....	2.01	22.4	1.71	252	6.73	882	1,328
40-59.....	1.84	21.4	1.69	240	5.43	803	1,254
60 and over.....	1.91	22.4	1.86	276	5.89	662	1,105
20 and over.....	1.93	22.1	1.74	254	6.12	808	1,255
<b>Females:</b>							
6-11.....	1.73	16.0	1.36	201	4.69	757	1,048
12-19.....	1.92	18.7	1.47	229	4.38	970	1,294
20-39.....	1.37	15.9	1.21	184	4.25	588	918
40-59.....	1.42	16.3	1.24	205	6.76	568	889
60 and over.....	1.60	18.2	1.49	235	1/5.36	620	965
20 and over.....	1.44	16.6	1.29	204	5.38	589	920
All Individuals.....	1.77	19.0	1.51	228	5.49	771	1,127
<b>Midwest:</b>							
<b>Males and Females:</b>							
Under 1.....	1.94	12.4	.80	178	3.14	791	650
1-2.....	1.58	12.5	1.15	148	3.81	764	890
3-5.....	1.55	14.2	1.24	188	3.38	646	857
5 and under.....	1.60	13.4	1.16	174	3.49	701	843
<b>Males:</b>							
6-11.....	2.18	19.4	1.86	264	5.05	950	1,204
12-19.....	2.41	22.8	1.82	271	6.81	1,072	1,453
20-39.....	1.98	23.8	1.75	238	5.16	894	1,390
40-59.....	1.75	22.1	1.72	217	5.68	708	1,187
60 and over.....	2.09	23.3	1.83	260	7.07	781	1,242
20 and over.....	1.93	23.2	1.75	236	5.70	816	1,300
<b>Females:</b>							
6-11.....	1.92	17.3	1.66	224	4.65	814	1,064
12-19.....	1.74	15.8	1.33	202	4.53	770	1,044
20-39.....	1.48	15.8	1.25	182	4.07	668	980
40-59.....	1.56	18.4	1.43	198	4.35	627	1,023
60 and over.....	1.33	15.8	1.30	179	3.65	545	858
20 and over.....	1.47	16.5	1.31	186	4.06	629	965
All Individuals.....	1.76	18.9	1.51	212	4.81	754	1,113

1/ Coefficient of variation at least 25% but less than 50%(see appendix D).

Table 4.2.--Nutrient Intakes: Mean per Individual in a Day, by Region, 1 Day 1987-88--continued

Region, Sex, and Age (Years)	Riboflavin	Niacin	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus
	Milligrams	Micrograms	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams
<b>South:</b>							
<b>Males and Females:</b>							
Under 1.....	1.52	11.9	0.68	177	3.05	674	535
1-2.....	1.54	11.9	1.11	157	3.61	715	882
3-5.....	1.79	16.0	1.36	222	1/6.86	703	940
5 and under.....	1.66	13.9	1.16	192	5.10	703	854
<b>Males:</b>							
6-11.....	2.08	21.7	1.76	242	4.75	893	1,266
12-19.....	2.80	28.1	2.38	368	7.18	1,128	1,631
20-39.....	2.06	25.8	1.95	279	6.27	873	1,459
40-59.....	1.81	22.8	1.64	245	5.88	665	1,229
60 and over.....	1.97	22.1	1.92	270	5.33	745	1,263
20 and over.....	1.97	24.1	1.85	267	5.96	786	1,351
<b>Females:</b>							
6-11.....	1.77	17.9	1.48	211	4.21	763	1,100
12-19.....	1.66	18.4	1.44	245	4.48	648	1,034
20-39.....	1.46	17.4	1.33	201	6.31	584	978
40-59.....	1.36	16.1	1.24	205	4.39	524	922
60 and over.....	1.56	16.4	1.39	224	1/7.23	553	918
20 and over.....	1.46	16.8	1.32	208	6.05	560	947
All Individuals.....	1.77	19.8	1.57	238	5.75	706	1,130
<b>West:</b>							
<b>Males and Females:</b>							
Under 1.....	1.71	11.9	.77	160	3.26	774	660
1-2.....	1.65	10.6	1.08	135	3.44	907	979
3-5.....	1.94	14.7	1.34	189	4.20	1,001	1,154
5 and under.....	1.83	13.2	1.21	170	3.88	952	1,057
<b>Males:</b>							
6-11.....	2.29	21.5	1.87	273	5.28	1,079	1,379
12-19.....	2.28	20.8	1.75	241	7.06	1,128	1,487
20-39.....	2.26	25.6	2.07	285	6.87	1,016	1,573
40-59.....	1.96	22.9	1.76	244	5.34	768	1,271
60 and over.....	1.86	20.5	1.72	273	4.97	799	1,243
20 and over.....	2.09	23.8	1.91	271	6.05	901	1,419
<b>Females:</b>							
6-11.....	2.08	18.6	1.64	255	4.89	985	1,254
12-19.....	1.72	16.5	1.30	206	3.78	848	1,177
20-39.....	1.49	16.4	1.32	200	4.10	691	1,026
40-59.....	1.37	16.8	1.31	197	4.36	602	952
60 and over.....	1.48	15.3	1.36	212	3.60	647	956
20 and over.....	1.46	16.2	1.33	202	4.04	655	987
All Individuals.....	1.84	19.2	1.58	231	4.98	839	1,213

1/ Coefficient of variation at least 25% but less than 50% (see appendix D).

Table 4.2.--Nutrient Intakes: Mean per Individual in a Day, by Region, 1 Day, 1987-88--continued

Region, Sex, and Age (Years)	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
-----Milligrams-----						
Northeast:						
Males and Females:						
Under 1.....	132	1/28.0	5.9	0.8	1/404	1,148
1-2.....	164	8.8	6.2	.7	1,734	1,760
3-5.....	189	10.1	8.0	.8	2,251	1,943
5 and under.....	174	11.7	7.1	.7	1,855	1,786
Males:						
6-11.....	259	12.6	10.2	1.0	3,042	2,758
12-19.....	281	15.2	13.3	1.3	3,986	3,032
20-39.....	264	14.5	12.6	1.2	3,574	2,709
40-59.....	259	13.4	11.8	1.1	3,511	2,696
60 and over.....	254	14.0	11.1	1.2	3,210	2,672
20 and over.....	260	14.0	12.0	1.2	3,474	2,697
Females:						
6-11.....	196	10.6	8.8	.9	2,495	2,082
12-19.....	234	11.6	10.5	1.0	3,075	2,471
20-39.....	197	10.7	7.9	.9	2,465	2,025
40-59.....	201	10.3	7.8	1.0	2,260	2,139
60 and over.....	221	11.5	8.6	1.0	2,422	2,312
20 and over.....	204	10.7	8.0	1.0	2,385	2,135
All Individuals.....	230	12.3	9.9	1.0	2,890	2,405
Midwest:						
Males and Females:						
Under 1.....	127	21.8	5.8	.7	526	1,413
1-2.....	163	9.3	6.5	.6	1,856	1,690
3-5.....	167	9.7	7.0	.7	2,063	1,660
5 and under.....	161	11.0	6.7	.7	1,814	1,640
Males:						
6-11.....	233	14.6	10.5	.9	2,843	2,261
12-19.....	268	16.4	12.7	1.2	3,481	2,759
20-39.....	282	14.1	12.3	1.3	4,062	2,941
40-59.....	253	13.5	12.3	1.1	3,601	2,769
60 and over.....	275	15.3	12.5	1.2	3,579	2,792
20 and over.....	272	14.2	12.3	1.2	3,827	2,860
Females:						
6-11.....	206	12.3	8.9	.9	2,496	2,046
12-19.....	192	12.0	9.0	.8	2,504	1,947
20-39.....	195	10.3	8.8	.9	2,612	2,030
40-59.....	231	11.9	10.1	1.1	2,655	2,370
60 and over.....	202	9.8	8.6	.9	2,238	2,144
20 and over.....	207	10.6	9.1	.9	2,541	2,151
All Individuals.....	228	12.5	10.2	1.0	2,963	2,359

1/ Coefficient of variation at least 25% but less than 50%(see appendix D).

Table 4.2.--Nutrient Intakes: Mean per Individual in a Day, by Region, 1 Day, 1987-88--continued

Region, Sex, and Age (Years)	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
-----Milligrams-----						
South:						
Males and Females:						
Under 1.....	96	15.4	6.1	0.9	378	1,147
1-2.....	165	8.6	6.9	.6	1,976	1,779
3-5.....	174	11.0	8.6	.7	2,110	1,711
5 and under.....	158	10.9	7.6	.7	1,781	1,643
Males:						
6-11.....	237	14.7	11.1	1.0	3,104	2,403
12-19.....	319	22.6	16.0	1.4	4,398	3,219
20-39.....	291	15.9	14.2	1.3	3,990	2,925
40-59.....	261	14.9	12.8	1.2	3,810	2,688
60 and over.....	293	14.9	12.2	1.3	3,462	2,975
20 and over.....	283	15.4	13.4	1.3	3,827	2,867
Females:						
6-11.....	204	11.9	9.6	.9	2,857	2,113
12-19.....	188	13.1	10.1	.9	3,200	1,902
20-39.....	204	11.7	9.2	1.0	2,587	2,052
40-59.....	210	11.0	9.5	.9	2,485	2,135
60 and over.....	211	11.2	8.8	1.0	2,324	2,167
20 and over.....	207	11.3	9.2	1.0	2,490	2,105
All Individuals.....	233	13.5	10.9	1.1	3,039	2,366
West:						
Males and Females:						
Under 1.....	123	17.0	6.1	.7	1,589	1,249
1-2.....	187	8.6	6.1	.6	1,769	1,837
3-5.....	214	11.6	8.2	.8	2,282	2,071
5 and under.....	198	11.2	7.4	.7	1,977	1,927
Males:						
6-11.....	272	16.2	10.5	1.0	2,944	2,479
12-19.....	270	14.2	12.3	1.2	3,642	2,808
20-39.....	334	16.6	13.7	1.4	3,963	3,018
40-59.....	277	14.6	12.2	1.3	3,907	2,815
60 and over.....	295	14.1	12.3	1.3	3,151	3,005
20 and over.....	310	15.6	13.0	1.3	3,781	2,957
Females:						
6-11.....	254	13.0	9.3	1.0	2,818	2,402
12-19.....	215	10.7	9.4	.9	2,836	2,134
20-39.....	216	10.8	8.6	1.0	2,416	2,151
40-59.....	224	10.7	8.3	.9	2,299	2,294
60 and over.....	225	11.1	8.6	.9	2,268	2,272
20 and over.....	221	10.9	8.5	.9	2,345	2,223
All Individuals.....	256	13.0	10.4	1.1	2,965	2,499

1/ Coefficient of variation at least 25% but less than 50%(see appendix D).

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

Table 4.3.--Nutrient Intakes: Mean per Individual in a Day, by Income Level, 1 Day, 1987-88

Income Level, Sex, and Age (Years)	Percent of Population	Food Energy	Protein	Total Fat	Saturated Fatty Acids	Monounsaturated Fatty Acids	Polyunsaturated Fatty Acids	Cholesterol
		Kilocalories			Grams			Milligrams
Under 131% Poverty:								
Males and Females:								
Under 1.....	0.4	768	20.3	35.1	19.0	6.0	7.1	71
1-2.....	.7	1,108	43.7	45.3	18.2	16.8	6.9	196
3-5.....	1.1	1,298	51.7	51.2	19.2	19.7	8.5	175
5 and under.....	2.2	1,142	43.5	46.4	18.9	16.3	7.8	162
Males:								
6-11.....	.9	1,893	74.2	74.6	29.0	28.0	12.2	266
12-19.....	.9	2,285	91.3	93.8	33.2	35.8	17.6	359
20-39.....	1.8	2,270	90.1	95.3	33.0	36.9	17.9	372
40-59.....	.7	2,053	83.5	88.2	30.4	34.1	16.7	402
60 and over.....	.9	1,814	82.2	75.0	25.2	29.0	14.8	329
20 and over.....	3.4	2,101	86.6	88.3	30.3	34.1	16.8	366
Females:								
6-11.....	1.1	1,702	64.6	64.9	24.9	24.1	11.1	252
12-19.....	1.1	1,743	64.3	71.2	26.0	27.5	12.3	288
20-39.....	2.6	1,586	62.2	63.5	23.2	23.6	11.7	278
40-59.....	1.1	1,471	61.6	59.5	20.4	22.7	11.6	258
60 and over.....	2.0	1,332	59.8	53.9	19.0	20.2	10.5	239
20 and over.....	5.7	1,476	61.3	59.4	21.2	22.3	11.3	261
All Individuals.....	15.4	1,678	67.5	68.3	24.7	25.7	12.5	278
131-300% Poverty:								
Males and Females:								
Under 1.....	.3	832	20.9	30.0	16.3	4.9	6.1	60
1-2.....	1.1	1,198	45.9	47.1	19.0	17.0	7.5	189
3-5.....	1.6	1,400	51.6	53.6	21.5	19.5	8.6	200
5 and under.....	3.0	1,270	46.5	48.9	20.1	17.2	8.0	182
Males:								
6-11.....	1.4	1,799	67.5	71.7	27.5	26.6	12.2	264
12-19.....	1.8	2,380	88.8	94.2	37.0	34.6	15.4	325
20-39.....	4.7	2,392	94.5	101.4	37.0	37.9	18.7	391
40-59.....	2.1	2,157	91.6	90.2	30.9	34.9	17.1	408
60 and over.....	2.0	2,042	81.6	85.4	29.9	32.9	16.1	350
20 and over.....	8.8	2,255	90.9	95.0	33.9	36.0	17.7	386
Females:								
6-11.....	1.6	1,678	64.2	68.2	26.1	25.4	11.4	266
12-19.....	1.8	1,773	69.0	70.5	26.9	26.2	12.1	239
20-39.....	4.6	1,531	59.8	62.3	22.4	22.9	12.1	247
40-59.....	2.3	1,451	58.4	59.3	21.0	22.0	11.5	237
60 and over.....	2.7	1,412	57.5	56.5	19.9	21.0	11.2	221
20 and over.....	9.6	1,478	58.8	59.9	21.4	22.1	11.7	237
All Individuals.....	28.0	1,806	71.0	73.8	27.1	27.5	13.5	287



Table 4.3.--Nutrient Intakes: Mean per Individual in a Day, by Income Level, 1 Day, 1987-88--continued

Income Level, Sex, and Age (Years)	Percent of Population	Food Energy	Protein	Fat	Total : Saturated Fatty Acids	Monounsaturated Fatty Acids	Polyunsaturated Fatty Acids	Cholesterol
		Kilocalories			Grams			Milligrams
Over 300% Poverty:								
Males and Females:								
Under 1.....	0.2	947	26.7	42.1	19.1	7.3	1/11.09	1/48
1-2.....	.7	1,199	49.2	48.9	21.2	17.4	7.0	181
3-5.....	1.4	1,366	53.1	51.7	20.1	19.0	8.6	190
5 and under.....	2.3	1,274	49.2	49.9	20.3	17.3	8.4	173
Males:								
6-11.....	1.5	1,997	76.6	82.4	32.3	29.8	14.2	289
12-19.....	2.2	2,435	92.3	101.3	38.5	37.9	17.0	336
20-39.....	7.8	2,318	91.0	96.8	35.1	36.3	18.0	350
40-59.....	5.3	2,005	86.0	86.5	31.2	32.1	16.1	357
60 and over.....	2.4	1,896	75.2	79.6	27.0	29.5	17.2	275
20 and over.....	15.5	2,146	86.9	90.6	32.5	33.8	17.2	341
Females:								
6-11.....	1.4	1,663	60.8	65.7	25.4	24.0	11.3	209
12-19.....	2.0	1,707	64.8	70.8	27.5	26.3	11.6	251
20-39.....	7.4	1,601	65.5	65.5	23.7	23.8	13.0	247
40-59.....	5.3	1,510	65.3	63.9	22.9	23.3	12.7	261
60 and over.....	2.3	1,376	58.0	55.5	19.6	20.2	11.3	223
20 and over.....	15.1	1,534	64.3	63.4	22.8	23.1	12.6	248
All Individuals.....	39.9	1,837	74.1	76.4	28.0	28.2	14.4	285

1/ Coefficient of variation at least 25% but less than 50%(see appendix D).



Table 4.3.--Nutrient Intakes: Mean per Individual in a Day, by Income Level, 1 Day, 1987-88--continued

Income Level, Sex, and Age (Years)	Carbohydrate	Dietary Fiber	Vitamin A	Vitamin A	Carotenes	Vitamin E	Vitamin C	Thiamin
	Grams	Units	Micrograms Retinol Equivalents	Micrograms Retinol Equivalents	Milligrams Alpha-Tocopherol Equivalents	Milligrams	Milligrams	Milligrams
Under 131% Poverty:								
Males and Females:								
Under 1.....	94.6	1/3.0	1/4,448	872	1/248	12.1	126	1.08
1-2.....	134.1	7.0	3,401	650	191	4.2	71	.98
3-5.....	161.3	8.8	4,000	791	208	5.0	80	1.22
5 and under.....	140.6	7.2	3,897	762	210	6.1	86	1.12
Males:								
6-11.....	237.1	13.3	5,829	1,095	336	6.9	94	1.69
12-19.....	274.6	16.4	7,479	1,267	1/501	10.0	97	1.84
20-39.....	256.6	16.0	4,594	865	259	9.0	83	1.69
40-59.....	228.1	12.3	5,683	1,007	1/361	7.9	78	1.56
60 and over.....	203.0	15.5	7,657	1,297	500	8.7	93	1.53
20 and over.....	236.1	15.1	5,658	1,012	346	8.7	85	1.62
Females:								
6-11.....	221.0	12.5	5,080	999	266	6.9	80	1.48
12-19.....	215.5	10.2	4,336	701	300	6.5	1/108	1.22
20-39.....	193.8	10.3	5,092	1/976	294	6.2	81	1.18
40-59.....	175.0	10.7	4,102	635	299	6.3	80	1.12
60 and over.....	155.2	11.3	6,583	1/1,255	371	6.6	72	1.15
20 and over.....	176.8	10.7	5,414	1,006	321	6.3	77	1.16
All Individuals.....	200.5	11.8	5,305	972	318	7.1	85	1.36
131-300% Poverty:								
Males and Females:								
Under 1.....	122.8	4.7	4,084	788	1/242	10.8	160	1.36
1-2.....	152.0	7.5	3,510	669	200	4.0	65	.93
3-5.....	182.8	8.7	5,924	1,210	1/286	5.6	70	1.18
5 and under.....	165.7	7.9	4,868	973	1/251	5.5	77	1.11
Males:								
6-11.....	227.4	11.5	5,541	1,066	1/298	6.7	92	1.51
12-19.....	300.6	16.2	7,210	1,290	1/436	8.4	102	1.83
20-39.....	269.1	16.3	6,625	1,075	464	10.7	94	1.64
40-59.....	240.7	14.5	6,193	921	469	8.6	108	1.61
60 and over.....	233.4	15.9	7,885	1,244	563	9.9	93	1.60
20 and over.....	254.1	15.8	6,807	1,076	488	10.0	97	1.62
Females:								
6-11.....	207.5	10.9	4,588	803	286	6.3	78	1.18
12-19.....	219.9	11.2	3,723	756	183	6.4	72	1.34
20-39.....	183.6	10.3	6,000	926	443	6.5	76	1.07
40-59.....	173.4	11.3	4,699	759	328	6.9	78	1.07
60 and over.....	172.5	11.6	6,358	990	466	7.4	103	1.20
20 and over.....	178.0	10.9	5,792	904	422	6.9	84	1.11
All Individuals.....	215.5	12.5	5,891	983	396	7.7	88	1.36

1/ Coefficient of variation at least 25% but less than 50%(see appendix D).

Table 4.3.--Nutrient Intakes: Mean per Individual in a Day, by Income Level, 1 Day, 1987-88--continued

Income Level, Sex, and Age (Years)	Carbohydrate	Dietary Fiber	Vitamin A	Vitamin A	Carotenes	Vitamin E	Vitamin C	Thiamin
	Grams	Units	Micrograms Retinol Equivalents	Micrograms Retinol Equivalents	Micrograms Retinol Equivalents	Milligrams Alpha-Tocopherol Equivalents	Milligrams	Milligrams
Over 300% Poverty:								
Males and Females:								
Under 1.....	117.4	1/3.6	5,302	1,109	1/394	15.3	157	1.54
1-2.....	144.9	7.4	3,556	713	175	3.9	65	.98
3-5.....	177.4	9.2	1/6,292	1,085	1/448	4.6	78	1.14
5 and under.....	161.6	8.1	5,382	978	1/362	5.5	82	1.13
Males:								
6-11.....	243.6	13.1	5,726	1,126	306	8.8	99	1.62
12-19.....	293.2	14.1	4,704	880	265	9.6	123	1.78
20-39.....	258.1	15.7	6,170	996	431	10.3	101	1.58
40-59.....	213.3	14.1	6,436	1,037	448	9.3	95	1.51
60 and over.....	209.4	15.8	8,283	1,316	586	11.2	120	1.54
20 and over.....	235.2	15.2	6,585	1,059	460	10.1	102	1.55
Females:								
6-11.....	212.8	10.8	4,313	928	195	7.6	108	1.42
12-19.....	208.8	10.9	4,939	886	298	8.0	99	1.36
20-39.....	183.1	11.7	5,160	821	365	7.8	76	1.15
40-59.....	165.4	11.9	6,240	1,023	424	7.3	85	1.10
60 and over.....	164.9	12.1	6,820	1,072	487	7.2	108	1.13
20 and over.....	174.0	11.8	5,798	931	405	7.5	84	1.13
All Individuals.....	209.3	13.0	5,924	986	400	8.6	95	1.37

1/ Coefficient of variation at least 25% but less than 50%(see appendix D).

Table 4.3.--Nutrient Intakes: Mean per Individual in a Day, by Income Level, 1 Day, 1987-88--continued

Income Level, Sex, and Age (Years)	Riboflavin	Niacin	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus
	Milligrams	Milligrams	Micrograms	Micrograms	Micrograms	Milligrams	Milligrams
<b>Under 131% Poverty:</b>							
<b>Males and Females:</b>							
Under 1.....	1.48	10.4	0.65	160	2.87	592	487
1-2.....	1.48	11.5	1.05	156	3.31	676	810
3-5.....	1.66	15.1	1.28	203	3.69	712	938
5 and under.....	1.57	13.1	1.09	181	3.42	679	815
<b>Males:</b>							
6-11.....	2.30	22.2	1.84	282	4.86	1,003	1,317
12-19.....	2.30	23.6	1.93	305	6.20	992	1,430
20-39.....	1.96	23.0	1.71	241	6.75	795	1,342
40-59.....	1.90	22.2	1.72	243	5.31	719	1,240
60 and over.....	1.89	22.5	1.85	248	1/6.91	630	1,147
20 and over.....	1.93	22.7	1.75	244	6.51	734	1,268
<b>Females:</b>							
6-11.....	2.04	18.8	1.58	246	4.61	835	1,143
12-19.....	1.52	15.5	1.23	183	3.71	696	1,036
20-39.....	1.53	16.0	1.25	203	1/7.16	585	967
40-59.....	1.27	16.4	1.26	194	3.25	489	875
60 and over.....	1.61	16.7	1.39	221	2/7.64	591	925
20 and over.....	1.51	16.3	1.30	207	1/6.56	568	934
All Individuals.....	1.75	18.2	1.46	223	5.64	701	1,067
<b>131-300% Poverty:</b>							
<b>Males and Females:</b>							
Under 1.....	1.74	13.8	.74	173	2.61	729	588
1-2.....	1.50	11.7	1.06	140	3.30	745	887
3-5.....	1.80	14.7	1.32	195	1/6.84	795	980
5 and under.....	1.68	13.6	1.17	173	1/5.14	770	907
<b>Males:</b>							
6-11.....	2.08	18.6	1.61	238	4.86	950	1,207
12-19.....	2.57	23.0	1.91	299	7.26	1,206	1,608
20-39.....	2.11	24.8	1.88	265	6.33	916	1,472
40-59.....	1.89	24.4	1.74	219	4.92	720	1,295
60 and over.....	2.03	22.0	1.75	261	5.52	816	1,274
20 and over.....	2.04	24.0	1.81	253	5.81	846	1,384
<b>Females:</b>							
6-11.....	1.77	15.8	1.31	193	4.28	851	1,126
12-19.....	1.81	18.6	1.38	194	4.49	838	1,182
20-39.....	1.40	15.5	1.21	177	4.84	606	934
40-59.....	1.35	15.9	1.18	192	4.01	537	885
60 and over.....	1.50	16.4	1.38	224	3.85	616	918
20 and over.....	1.42	15.9	1.25	194	4.36	593	917
All Individuals.....	1.80	19.0	1.49	219	5.12	780	1,152

1/ Coefficient of variation at least 25% but less than 50%(see appendix D).

2/ Coefficient of variation greater than or equal to 50% (see appendix D).

Table 4.3.--Nutrient Intakes: Mean per Individual in a Day, by Income Level, 1 Day, 1987-88--continued

Income Level, Sex, and Age (Years)	Riboflavin	Niacin	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus
	Milligrams	Milligrams	Micrograms	Micrograms	Micrograms	Milligrams	Milligrams
Over 300% Poverty:							
Males and Females:							
Under 1.....	2.13	16.4	0.90	201	4.17	1,006	770
1-2.....	1.77	11.5	1.14	157	4.15	969	1,024
3-5.....	1.69	15.3	1.29	198	3.97	730	948
5 and under.....	1.76	14.3	1.21	187	4.04	829	952
Males:							
6-11.....	2.42	20.9	1.97	261	5.53	1,132	1,401
12-19.....	2.31	24.7	1.96	271	6.43	1,005	1,501
20-39.....	2.03	24.2	1.87	261	5.98	938	1,437
40-59.....	1.87	22.3	1.74	252	5.72	764	1,255
60 and over.....	1.89	21.5	1.83	273	5.60	735	1,174
20 and over.....	1.95	23.1	1.82	260	5.83	847	1,334
Females:							
6-11.....	1.83	18.3	1.74	226	4.53	784	1,073
12-19.....	1.86	17.7	1.53	254	4.70	812	1,135
20-39.....	1.51	17.7	1.38	203	4.48	676	1,026
40-59.....	1.49	17.6	1.34	203	5.94	606	987
60 and over.....	1.41	15.9	1.32	209	1/5.16	558	894
20 and over.....	1.48	17.4	1.35	204	5.10	633	992
All Individuals.....	1.79	20.0	1.61	234	5.38	781	1,176

1/ Coefficient of variation at least 25% but less than 50%(see appendix D).

Table 4.3.--Nutrient Intakes: Mean per Individual in a Day, by Income Level, 1 Day, 1987-88--  
continued

Income Level, Sex, and Age (Years)	:	:	:	:	:	:	:
	:	:	:	:	:	:	:
	Magnesium	Iron	Zinc	Copper	Sodium	Potassium	
	:	:	:	:	:	:	:
	:	:	:	:	:	:	:
-----Milligrams-----							
Under 131% Poverty:							
Males and Females:							
Under 1.....	89	1/12.2	5.8	0.7	1/466	1,032	
1-2.....	149	8.8	6.2	.6	1,909	1,587	
3-5.....	176	9.3	7.1	.7	2,201	1,733	
5 and under.....	152	9.7	6.6	.7	1,790	1,558	
Males:							
6-11.....	246	15.6	10.9	1.0	3,051	2,378	
12-19.....	289	16.6	12.9	1.3	4,057	2,846	
20-39.....	275	14.7	12.9	1.3	3,973	2,721	
40-59.....	242	14.5	11.5	1.1	3,757	2,641	
60 and over.....	263	14.2	11.9	1.3	3,233	2,818	
20 and over.....	265	14.5	12.4	1.3	3,725	2,732	
Females:							
6-11.....	224	12.5	9.3	.9	2,702	2,122	
12-19.....	194	11.4	8.8	.9	3,169	1,901	
20-39.....	191	11.7	9.0	.9	2,505	1,987	
40-59.....	191	10.0	7.9	.8	2,549	1,943	
60 and over.....	206	11.3	8.1	.9	2,211	2,033	
20 and over.....	197	11.2	8.5	.9	2,412	1,994	
All Individuals.....	216	12.4	9.6	1.0	2,830	2,175	
131-300% Poverty:							
Males and Females:							
Under 1.....	129	22.9	5.3	.8	368	1,281	
1-2.....	169	8.7	6.0	.6	1,831	1,746	
3-5.....	181	11.1	8.0	.8	2,238	1,791	
5 and under.....	171	11.4	7.0	.7	1,903	1,724	
Males:							
6-11.....	226	12.9	9.6	.9	2,980	2,314	
12-19.....	293	19.5	14.1	1.3	3,830	2,916	
20-39.....	290	15.7	13.9	1.3	4,043	2,935	
40-59.....	271	14.9	12.4	1.3	4,218	2,925	
60 and over.....	286	14.8	12.6	1.2	3,545	2,824	
20 and over.....	284	15.3	13.3	1.3	3,972	2,907	
Females:							
6-11.....	209	10.6	8.9	.8	2,678	2,186	
12-19.....	209	12.0	9.5	.9	2,971	2,101	
20-39.....	191	10.3	8.3	.9	2,506	1,977	
40-59.....	212	10.8	8.6	1.0	2,340	2,171	
60 and over.....	216	11.2	8.6	.9	2,322	2,188	
20 and over.....	203	10.7	8.5	.9	2,414	2,083	
All Individuals.....	233	13.0	10.3	1.0	3,023	2,378	

1/ Coefficient of variation at least 25% but less than 50%(see appendix D).

Table 4.3.--Nutrient Intakes: Mean per Individual in a Day, by Income Level, 1 Day, 1987-88--  
continued

Income Level, Sex, and Age (Years)	:	:	:	:	:	:	:
	:	:	:	:	:	:	:
	Magnesium	Iron	Zinc	Copper	Sodium	Potassium	
	:	:	:	:	:	:	:
	:	:	:	:	:	:	:
-----Milligrams-----							
Over 300% Poverty:							
Males and Females:							
Under 1.....	125	25.2	7.7	1/1.1	441	1,429	
1-2.....	185	8.2	6.7	.6	1,725	1,922	
3-5.....	181	10.4	8.8	.7	1,966	1,776	
5 and under.....	176	11.2	8.1	.7	1,739	1,784	
Males:							
6-11.....	276	15.0	11.1	1.0	3,003	2,691	
12-19.....	276	15.9	13.8	1.2	3,789	3,021	
20-39.....	299	14.9	12.7	1.3	3,821	2,946	
40-59.....	268	14.4	12.5	1.2	3,639	2,750	
60 and over.....	275	14.5	11.2	1.2	3,251	2,785	
20 and over.....	285	14.6	12.4	1.3	3,671	2,854	
Females:							
6-11.....	209	13.3	9.4	.9	2,614	2,085	
12-19.....	213	12.8	10.0	.9	2,613	2,190	
20-39.....	218	11.5	9.1	1.0	2,586	2,171	
40-59.....	225	11.2	9.1	1.0	2,480	2,305	
60 and over.....	216	10.4	8.4	1.0	2,210	2,269	
20 and over.....	220	11.2	9.0	1.0	2,491	2,233	
All Individuals.....	247	13.1	10.7	1.1	3,007	2,502	

1/ Coefficient of variation at least 25% but less than 50%(see appendix D).

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

Table 4.4.--Nutrient Intakes: Mean per Individual in a Day, by Race, 1 Day, 1987-88

Race, Sex, and Age (Years)	Percent of Population	Food Energy	Protein	Total Fat	Saturated Fatty Acids	Monounsaturated Fatty Acids	Polyunsaturated Fatty Acids	Cholesterol
	Percent	Kilocalories						Milligrams
White:								
Males and Females:								
Under 1.....	0.7	890	25.0	37.4	17.7	7.0	9.1	69
1-2.....	2.3	1,193	46.2	47.6	19.7	17.2	7.1	186
3-5.....	3.6	1,371	51.9	52.6	20.8	19.3	8.6	189
5 and under.....	6.6	1,260	47.2	49.3	20.1	17.3	8.1	175
Males:								
6-11.....	3.4	1,902	72.3	76.6	30.0	28.2	12.7	260
12-19.....	4.6	2,429	91.2	98.1	38.2	36.4	15.9	323
20-39.....	13.9	2,346	92.8	98.7	36.2	36.8	18.2	360
40-59.....	8.3	1,991	84.8	86.4	30.8	32.4	16.3	353
60 and over.....	6.5	1,938	78.5	80.8	27.8	30.6	16.2	300
20 and over.....	28.6	2,151	87.3	91.1	32.7	34.1	17.2	345
Females:								
6-11.....	3.5	1,645	61.6	64.9	25.0	24.0	11.0	227
12-19.....	4.7	1,688	65.5	68.0	26.3	25.3	11.2	241
20-39.....	14.2	1,569	62.1	64.4	23.6	23.4	12.5	244
40-59.....	9.1	1,481	63.0	61.6	21.9	22.7	12.2	246
60 and over.....	8.1	1,418	59.7	57.5	20.2	21.5	11.3	224
20 and over.....	31.4	1,504	61.7	61.8	22.2	22.7	12.1	239
All Individuals.....	82.8	1,793	71.7	74.1	27.3	27.4	13.7	276
Black:								
Males and Females:								
Under 1.....	.3	684	16.9	28.8	14.7	5.0	6.5	1/56
1-2.....	.5	1,108	57.4	46.8	18.9	17.6	6.7	1/279
3-5.....	.7	1,410	56.3	52.6	19.6	20.1	9.1	180
5 and under.....	1.6	1,156	48.2	45.6	18.3	16.1	7.8	186
Males:								
6-11.....	.6	1,774	73.0	75.2	29.0	28.4	12.0	301
12-19.....	.7	2,449	94.9	92.3	33.2	35.6	16.2	431
20-39.....	1.6	2,070	86.0	82.2	27.8	32.7	14.8	380
40-59.....	1.3	2,248	92.8	86.6	28.9	34.1	16.4	433
60 and over.....	.5	1,840	91.5	74.8	23.6	30.5	14.6	419
20 and over.....	3.4	2,106	89.3	82.8	27.6	32.9	15.4	405
Females:								
6-11.....	.7	1,724	62.6	69.2	26.9	26.2	11.0	285
12-19.....	1.0	1,909	70.6	75.6	27.2	30.0	12.4	343
20-39.....	2.0	1,538	63.2	61.0	20.9	23.1	11.9	274
40-59.....	1.3	1,391	60.0	55.7	19.0	20.8	11.2	258
60 and over.....	1.0	1,229	63.4	44.9	15.3	16.6	9.1	260
20 and over.....	4.2	1,422	62.3	55.7	19.0	20.9	11.0	266
All Individuals.....	12.2	1,708	70.9	67.3	23.7	25.8	12.3	312

1/ Coefficient of variation at least 25% but less than 50%(see appendix D).



Table 4.4.--Nutrient Intakes: Mean per Individual in a Day, by Race, 1 Day, 1987-88--continued

Race, Sex, and Age (Years)	Carbohydrate	Dietary Fiber	Vitamin A	Vitamin A	Carotenes	Vitamin E	Vitamin C	Thiamin
	Grams	Units	Micrograms Retinol Equivalents	Micrograms Retinol Equivalents	Micrograms Retinol Equivalents	Milligrams Alpha-Tocopherol Equivalents	Milligrams	Milligrams
White:								
Males and Females:								
Under 1.....	116.0	4.3	4,543	940	285	12.9	147	1.32
1-2.....	149.2	7.6	3,601	694	195	4.1	70	.99
3-5.....	177.8	9.0	5,595	1,062	1/314	5.1	68	1.17
5 and under.....	161.5	8.1	4,800	923	270	5.6	77	1.12
Males:								
6-11.....	237.7	12.8	5,558	1,110	284	7.6	96	1.64
12-19.....	301.4	15.2	6,176	1,163	346	9.8	107	1.89
20-39.....	263.2	15.8	5,995	1,011	397	10.5	92	1.64
40-59.....	213.2	13.8	6,284	999	445	9.1	92	1.49
60 and over.....	220.3	16.1	8,767	1,346	643	10.6	113	1.59
20 and over.....	239.0	15.3	6,704	1,083	466	10.1	97	1.58
Females:								
6-11.....	209.5	11.2	4,793	922	263	6.8	90	1.33
12-19.....	207.9	10.7	4,550	852	294	6.8	87	1.30
20-39.....	184.1	11.2	5,445	890	374	7.2	75	1.14
40-59.....	167.7	11.7	5,939	936	423	7.1	83	1.12
60 and over.....	169.1	12.1	6,391	1,005	461	7.2	97	1.19
20 and over.....	175.5	11.6	5,832	933	411	7.2	83	1.15
All Individuals.....	209.2	12.8	5,943	999	397	8.2	90	1.37
Black:								
Males and Females:								
Under 1.....	91.3	1/3	1/5,306	1/878	2/377	10.3	126	1.13
1-2.....	114.7	4.9	2,993	609	1/157	3.3	70	1.24
3-5.....	181.9	8.7	4,583	1,000	1/279	5.7	113	1.34
5 and under.....	140.5	6.2	4,217	846	1/260	5.9	102	1.26
Males:								
6-11.....	205.1	10.9	4,338	735	290	6.1	98	1.48
12-19.....	313.3	17.2	7,045	1,085	526	9.3	169	2.01
20-39.....	239.7	12.5	5,550	927	371	7.9	118	1.54
40-59.....	261.3	13.7	5,665	904	399	7.8	106	1.58
60 and over.....	199.0	1/15	1/6,059	1/1,005	1/407	8.4	91	1.75
20 and over.....	242.3	13.3	5,662	929	386	8.0	110	1.58
Females:								
6-11.....	217.2	10.1	4,617	798	1/294	6.3	107	1.41
12-19.....	238.6	9.8	3,605	619	232	6.2	136	1.50
20-39.....	182.9	8.7	4,276	704	1/296	5.9	88	1.10
40-59.....	164.2	9.8	4,489	737	306	5.6	84	1.01
60 and over.....	144.8	10.3	1/6,655	1/1,467	262	4.7	83	1.05
20 and over.....	168.5	9.4	4,889	890	291	5.6	86	1.06
All Individuals.....	203.6	10.6	4,977	869	321	6.6	105	1.36

1/ Coefficient of variation at least 25% but less than 50%(see appendix D).

2/ Coefficient of variation greater than or equal to 50% (see appendix D).

Table 4.4.--Nutrient Intakes: Mean per Individual in a Day, by Race, 1 Day 1987-88--continued

Race, Sex, and Age (Years)	Riboflavin	Niacin	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus
	Milligrams	Milligrams	Micrograms	Micrograms	Micrograms	Milligrams	Milligrams
White:							
Males and Females:							
Under 1.....	1.84	13.3	0.79	182	3.51	820	665
1-2.....	1.61	11.6	1.11	153	3.62	816	920
3-5.....	1.75	14.8	1.31	191	5.23	777	972
5 and under.....	1.71	13.5	1.19	177	4.50	795	922
Males:							
6-11.....	2.33	20.5	1.85	267	5.36	1,079	1,337
12-19.....	2.56	24.7	2.05	300	7.32	1,142	1,578
20-39.....	2.12	24.7	1.89	268	6.27	950	1,466
40-59.....	1.84	21.8	1.68	234	5.84	752	1,239
60 and over.....	1.98	22.1	1.86	269	5.71	760	1,223
20 and over.....	2.01	23.3	1.82	258	6.02	850	1,346
Females:							
6-11.....	1.85	17.2	1.52	222	4.49	832	1,106
12-19.....	1.77	17.0	1.38	224	4.35	820	1,128
20-39.....	1.50	16.6	1.30	196	5.05	659	995
40-59.....	1.45	17.0	1.32	201	5.16	589	955
60 and over.....	1.50	16.3	1.39	212	4.63	605	932
20 and over.....	1.48	16.6	1.33	201	4.97	625	967
All Individuals.....	1.81	19.3	1.56	229	5.39	783	1,159
Black:							
Males and Females:							
Under 1.....	1.39	11.2	.57	140	2.36	548	446
1-2.....	1.55	13.8	1.14	143	3.60	628	900
3-5.....	1.75	17.1	1.41	256	4.04	743	994
5 and under.....	1.61	14.8	1.15	194	3.54	664	846
Males:							
6-11.....	1.84	18.7	1.55	221	4.00	822	1,156
12-19.....	2.34	22.8	1.87	318	4.82	1,063	1,474
20-39.....	1.72	22.8	1.71	226	1/6.06	629	1,176
40-59.....	1.90	25.9	1.76	265	4.61	662	1,246
60 and over.....	1.68	21.6	1.68	269	1/6.48	535	1,150
20 and over.....	1.78	23.8	1.72	246	5.57	629	1,199
Females:							
6-11.....	1.77	16.4	1.40	201	4.25	748	1,054
12-19.....	1.70	19.5	1.46	231	4.45	637	1,073
20-39.....	1.25	16.6	1.22	175	4.32	455	861
40-59.....	1.22	15.9	1.12	203	4.08	446	840
60 and over.....	1.51	17.8	1.30	217	2/11.20	419	833
20 and over.....	1.30	16.6	1.21	193	1/5.84	444	848
All Individuals.....	1.62	19.0	1.43	220	5.11	610	1,025

1/ Coefficient of variation at least 25% but less than 50% (see appendix D).

2/ Coefficient of variation greater than or equal to 50% (see appendix D).

Table 4.4.--Nutrient Intakes: Mean per Individual in a Day, by Race, 1 Day, 1987-88--continued

Race, Sex, and Age (Years)	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
-----Milligrams-----						
White:						
Males and Females:						
Under 1.....	118	20.1	6.5	0.9	506	1,310
1-2.....	173	9.0	6.4	.6	1,818	1,817
3-5.....	182	10.3	8.0	.7	2,136	1,804
5 and under.....	172	10.9	7.3	.7	1,858	1,758
Males:						
6-11.....	257	15.0	10.6	1.0	3,018	2,541
12-19.....	290	18.0	14.1	1.3	3,860	2,996
20-39.....	297	15.4	13.4	1.3	3,895	2,954
40-59.....	266	14.0	12.5	1.2	3,650	2,789
60 and over.....	283	14.7	12.1	1.3	3,401	2,902
20 and over.....	285	14.9	12.8	1.3	3,713	2,894
Females:						
6-11.....	210	11.8	8.9	.9	2,657	2,135
12-19.....	208	11.8	9.6	.9	2,749	2,094
20-39.....	208	11.1	8.7	.9	2,526	2,104
40-59.....	220	11.2	9.1	1.0	2,450	2,275
60 and over.....	217	11.0	8.8	1.0	2,336	2,263
20 and over.....	214	11.1	8.8	1.0	2,455	2,195
All Individuals.....	241	13.0	10.5	1.1	2,969	2,453
Black:						
Males and Females:						
Under 1.....	93	1/17.4	4.9	.6	1/336.0	911
1-2.....	148	7.9	7.3	.6	2,134	1,572
3-5.....	189	12.3	8.4	.7	2,204	1,808
5 and under.....	155	11.9	7.3	.7	1,782	1,539
Males:						
6-11.....	206	11.8	10.6	.9	2,933	2,221
12-19.....	280	16.3	13.0	1.3	4,636	3,014
20-39.....	235	13.8	12.2	1.1	3,558	2,401
40-59.....	245	15.9	11.8	1.2	4,302	2,441
60 and over.....	246	13.8	10.9	1.2	2,965	2,450
20 and over.....	240	14.6	11.9	1.2	3,757	2,423
Females:						
6-11.....	197	11.8	9.0	.9	2,711	2,045
12-19.....	180	13.9	10.4	.9	3,779	1,873
20-39.....	171	9.9	8.3	.8	2,501	1,759
40-59.....	178	9.4	8.2	.8	2,286	1,823
60 and over.....	183	10.3	8.0	1.0	2,191	1,832
20 and over.....	176	9.8	8.2	.9	2,365	1,795
All Individuals.....	199	12.3	9.7	1.0	2,963	2,043

1/ Coefficient of variation at least 25% but less than 50%(see appendix D).



Table 5.1.--Food Energy from Protein, Total Fat, Fatty Acids, and Carbohydrate: Mean Percentages per Individual in a Day, by Sex and Age, 1 Day, 1987-88

Sex and Age (Years)	Percent of Population	Protein	Total Fat	Saturated Fatty Acids	Monounsaturated Fatty Acids	Polyunsaturated Fatty Acids	Carbohydrate
	Percent						
Males and Females:							
Under 1.....	1.1	10.5	38.3	19.0	6.5	9.2	52.4
1-2.....	2.9	16.5	35.8	14.9	13.0	5.3	48.6
3-5.....	4.6	15.4	34.0	13.3	12.6	5.6	52.0
5 and under.....	8.7	15.1	35.2	14.5	11.9	6.0	50.9
Males:							
Under 1.....	.5	10.3	38.2	18.9	6.4	9.2	52.7
1-2.....	1.4	16.5	35.3	14.6	12.9	5.1	48.9
3-5.....	2.5	15.3	33.9	12.9	12.6	5.9	52.3
6-11.....	4.4	15.7	35.9	14.0	13.3	6.0	49.7
12-19.....	5.7	15.3	36.3	13.8	13.6	6.1	49.2
20-29.....	8.3	15.8	36.4	13.0	13.8	6.9	46.3
30-39.....	8.2	16.9	38.3	13.9	14.4	6.9	43.7
40-49.....	5.8	17.4	37.4	13.1	14.0	7.1	43.3
50-59.....	4.1	17.8	38.3	13.5	14.4	7.3	43.1
60-69.....	4.0	17.0	37.0	12.6	13.9	7.5	45.2
70 and over.....	3.0	16.5	36.4	12.5	13.9	7.2	46.8
80 and over.....	.8	14.7	35.2	12.7	13.5	6.4	49.9
20 and over.....	33.4	16.8	37.3	13.2	14.1	7.1	44.7
Females:							
Under 1.....	.6	10.7	38.4	19.1	6.6	9.1	52.1
1-2.....	1.5	16.4	36.3	15.1	13.0	5.5	48.4
3-5.....	2.1	15.4	34.2	13.6	12.7	5.3	51.8
6-11.....	4.6	15.2	34.9	13.3	13.0	6.0	51.2
12-19.....	6.1	15.7	35.8	13.6	13.5	6.0	49.3
20-29.....	8.5	16.2	36.1	13.1	13.2	6.9	47.7
30-39.....	8.6	16.6	35.8	12.8	13.1	7.0	47.2
40-49.....	6.4	17.1	37.3	13.2	13.7	7.3	45.7
50-59.....	4.3	18.4	35.5	12.3	13.0	7.3	46.4
60-69.....	4.7	18.1	35.0	12.0	13.1	7.1	47.9
70 and over.....	4.7	16.9	35.4	12.6	13.2	6.8	49.0
80 and over.....	1.6	16.7	34.8	12.4	13.1	6.5	49.9
20 and over.....	37.1	17.0	35.9	12.8	13.2	7.1	47.3
All Individuals.....	100.0	16.5	36.3	13.3	13.4	6.8	47.2

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

Table 5.2.--Food Energy from Protein, Total Fat, Fatty Acids, and Carbohydrate: Mean Percentages per Individual in a Day, by Region, 1 Day, 1987-88

Region, Sex, and Age (Years)	Percent of Population	Protein	Total Fat	Saturated Fatty Acids	Monounsaturated Fatty Acids	Polyunsaturated Fatty Acids	Carbohydrate
	Percent						
Northeast:							
Males and Females:							
Under 1.....	0.2	10.7	36.1	17.5	6.3	8.9	54.4
1-2.....	.5	16.8	35.5	15.1	12.8	5.1	48.8
3-5.....	.7	15.0	34.9	14.4	12.8	5.1	51.6
5 and under.....	1.4	15.2	35.2	15.0	12.0	5.6	50.9
Males:							
6-11.....	1.1	15.7	36.7	15.1	13.4	5.6	48.8
12-19.....	1.2	14.8	37.9	15.2	13.7	6.2	48.3
20-39.....	3.2	16.2	37.8	14.3	13.9	6.7	45.0
40-59.....	2.3	17.5	36.2	13.5	13.2	6.5	42.6
60 and over.....	1.5	16.9	37.1	12.9	14.0	7.4	44.0
20 and over.....	7.1	16.8	37.1	13.8	13.7	6.8	44.0
Females:							
6-11.....	.9	15.1	35.5	14.1	13.1	5.6	50.6
12-19.....	1.1	15.9	35.4	14.2	13.1	5.5	49.6
20-39.....	3.3	16.2	35.1	12.6	12.7	7.1	48.7
40-59.....	2.7	17.3	37.1	13.2	13.5	7.5	45.8
60 and over.....	2.0	17.7	35.9	13.0	13.0	7.0	47.4
20 and over.....	8.1	16.9	36.0	12.9	13.0	7.2	47.4
All Individuals.....	20.8	16.5	36.4	13.7	13.3	6.7	46.9
Midwest:							
Males and Females:							
Under 1.....	.2	11.1	34.1	16.2	6.8	8.0	56.1
1-2.....	.7	16.5	36.2	15.3	13.1	5.3	48.3
3-5.....	1.2	15.2	34.9	12.7	13.1	6.5	51.4
5 and under.....	2.1	15.2	35.3	14.0	12.4	6.3	51.0
Males:							
6-11.....	1.1	14.9	36.2	13.9	13.3	6.3	50.5
12-19.....	1.4	15.8	37.0	14.3	13.9	6.0	48.3
20-39.....	4.1	16.4	38.7	13.8	14.8	7.2	44.2
40-59.....	2.4	18.3	38.6	13.6	14.4	7.3	42.4
60 and over.....	1.7	17.3	38.7	13.4	14.7	7.5	44.3
20 and over.....	8.1	17.2	38.7	13.7	14.7	7.3	43.7
Females:							
6-11.....	1.1	14.8	33.6	12.9	12.6	5.6	53.2
12-19.....	1.8	16.0	37.5	14.7	14.1	5.8	47.8
20-39.....	4.5	16.3	37.8	13.8	13.8	7.3	45.9
40-59.....	2.6	17.8	37.3	13.5	13.6	7.2	44.9
60 and over.....	2.0	16.7	36.0	12.4	13.6	7.1	48.7
20 and over.....	9.1	16.8	37.3	13.4	13.7	7.2	46.3
All Individuals.....	24.8	16.5	37.3	13.7	13.9	6.9	46.6

Table 5.2.--Food Energy from Protein, Total Fat, Fatty Acids, and Carbohydrate: Mean Percentages per Individual in a Day, by Region, 1 Day, 1987-88--continued

Region, Sex, and Age (Years)	Percent of Population	Protein	Total Fat	Saturated Fatty Acids	Monounsaturated Fatty Acids	Polyunsaturated Fatty Acids	Carbohydrate
Percent	Percent						
South:							
Males and Females:							
Under 1.....	0.6	9.8	40.6	20.7	6.2	9.8	50.7
1-2.....	1.3	16.7	35.8	14.3	13.2	5.6	47.9
3-5.....	1.6	15.5	33.0	12.7	12.5	5.3	52.8
5 and under.....	3.6	15.0	35.2	14.6	11.7	6.2	50.7
Males:							
6-11.....	1.2	16.5	36.3	13.5	13.6	6.4	48.1
12-19.....	1.8	15.7	35.4	12.9	13.4	6.2	49.4
20-39.....	5.7	16.7	36.7	12.8	14.0	7.0	45.2
40-59.....	3.3	16.9	37.8	12.6	14.7	7.3	43.9
60 and over.....	2.4	17.3	35.8	11.8	13.8	7.3	47.1
20 and over.....	11.4	16.9	36.8	12.5	14.1	7.2	45.2
Females:							
6-11.....	1.6	15.5	36.6	13.5	13.7	6.6	49.0
12-19.....	2.0	15.3	33.7	12.1	13.0	5.8	51.4
20-39.....	5.9	16.5	36.0	12.7	13.4	7.0	47.4
40-59.....	3.4	17.6	36.1	12.4	13.5	7.3	46.3
60 and over.....	3.4	17.9	34.1	11.7	12.9	6.6	48.8
20 and over.....	12.7	17.2	35.5	12.3	13.3	7.0	47.5
All Individuals.....	34.2	16.6	35.9	12.6	13.4	6.8	47.5
West:							
Males and Females:							
Under 1.....	.1	12.6	38.3	18.5	7.4	9.0	50.4
1-2.....	.5	15.5	35.3	15.5	12.5	4.8	50.8
3-5.....	.9	15.5	34.1	14.1	12.2	5.3	51.8
5 and under.....	1.6	15.2	34.9	14.9	11.9	5.5	51.4
Males:							
6-11.....	1.0	15.6	34.3	13.2	12.7	5.7	51.8
12-19.....	1.3	14.8	35.5	13.2	13.6	6.1	50.7
20-39.....	3.5	15.9	36.4	13.4	13.6	6.5	45.7
40-59.....	1.9	17.7	38.5	13.6	14.2	7.6	43.9
60 and over.....	1.4	15.1	35.6	12.5	13.0	7.4	47.7
20 and over.....	6.8	16.3	36.8	13.3	13.6	7.0	45.6
Females:							
6-11.....	1.0	15.5	33.4	13.1	12.1	5.7	52.9
12-19.....	1.3	15.9	37.2	13.9	13.7	6.8	48.0
20-39.....	3.4	16.4	33.9	12.5	12.3	6.5	48.4
40-59.....	2.0	18.1	35.5	12.6	13.0	7.1	46.9
60 and over.....	1.9	17.2	35.6	12.4	13.1	7.2	48.6
20 and over.....	7.3	17.1	34.8	12.5	12.7	6.8	48.0
All Individuals.....	20.2	16.3	35.6	13.1	13.0	6.6	48.1

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.



Table 5.3.--Food Energy from Protein, Total Fat, Fatty Acids, and Carbohydrate: Mean Percentages per Individual in a Day, by Income Level, 1 Day, 1987-88

Income Level, Sex, and Age (Years)	Percent of Population	Protein	Total Fat	Saturated Fatty Acids	Monounsaturated Fatty Acids	Polyunsaturated Fatty Acids	Carbohydrate
	Percent						
Under 131% Poverty:							
Males and Females:							
Under 1.....	0.4	10.3	43.1	22.0	7.0	10.1	47.4
1-2.....	.7	15.8	36.3	14.6	13.4	5.6	48.9
3-5.....	1.1	16.0	35.6	13.3	13.8	5.9	49.5
5 and under.....	2.2	14.9	37.2	15.3	12.4	6.6	48.9
Males:							
6-11.....	.9	16.0	34.6	13.4	13.0	5.7	50.6
12-19.....	.9	16.3	36.7	13.2	14.1	6.6	48.1
20-39.....	1.8	16.7	37.7	13.2	14.6	6.9	44.6
40-59.....	.7	17.0	37.9	13.0	14.7	7.1	44.6
60 and over.....	.9	18.4	36.9	12.5	14.3	7.1	44.8
20 and over.....	3.4	17.2	37.6	13.0	14.5	7.0	44.7
Females:							
6-11.....	1.1	15.4	33.8	12.8	12.6	5.8	52.2
12-19.....	1.1	14.9	36.4	13.5	14.1	6.1	49.6
20-39.....	2.6	16.2	35.4	12.9	13.1	6.5	48.8
40-59.....	1.1	17.1	36.1	12.2	13.7	7.2	47.5
60 and over.....	2.0	18.3	35.5	12.5	13.3	6.9	47.2
20 and over.....	5.7	17.1	35.6	12.6	13.3	6.8	48.0
All Individuals.....	15.4	16.4	36.2	13.2	13.5	6.6	48.0
131-300% Poverty:							
Males and Females:							
Under 1.....	.3	10.0	32.6	17.2	5.4	7.1	58.8
1-2.....	1.1	15.8	35.3	14.3	12.8	5.6	50.5
3-5.....	1.6	15.0	33.9	13.6	12.3	5.5	52.6
5 and under.....	3.0	14.8	34.2	14.2	11.7	5.7	52.5
Males:							
6-11.....	1.4	15.4	36.2	13.9	13.4	6.1	49.8
12-19.....	1.8	15.1	35.6	13.9	13.1	5.9	50.3
20-39.....	4.7	16.0	37.4	13.6	14.0	6.9	45.3
40-59.....	2.1	17.6	37.2	12.7	14.3	7.1	44.6
60 and over.....	2.0	16.3	36.6	12.9	14.0	6.9	46.5
20 and over.....	8.8	16.5	37.2	13.2	14.1	6.9	45.4
Females:							
6-11.....	1.6	15.6	36.8	14.0	13.7	6.2	49.0
12-19.....	1.8	15.8	35.3	13.3	13.2	6.1	49.8
20-39.....	4.6	16.0	35.7	12.9	13.1	7.0	48.5
40-59.....	2.3	16.4	35.7	12.6	13.2	7.1	48.6
60 and over.....	2.7	16.7	35.2	12.3	13.1	7.0	49.4
20 and over.....	9.6	16.3	35.6	12.6	13.1	7.0	48.8
All Individuals.....	28.0	16.0	36.0	13.3	13.3	6.6	48.3

Table 5.3.--Food Energy from Protein, Total Fat, Fatty Acids, and Carbohydrate: Mean Percentages per Individual in a Day, by Income Level, 1 Day, 1987-88--continued

Income Level, Sex, and Age (Years)	Percent of Population	Protein	Total Fat	Saturated Fatty Acids	Monounsaturated Fatty Acids	Polyunsaturated Fatty Acids	Carbohydrate
	Percent						
Over 300% Poverty:							
Males and Females:							
Under 1.....	0.2	11.2	38.8	18.0	6.7	9.9	51.1
1-2.....	.7	16.8	36.9	16.1	13.0	5.2	47.6
3-5.....	1.4	15.2	33.5	12.9	12.3	5.7	53.0
5 and under.....	2.3	15.3	35.0	14.4	12.0	6.0	51.2
Males:							
6-11.....	1.5	15.5	36.8	14.4	13.3	6.4	49.1
12-19.....	2.2	15.3	37.5	14.1	14.0	6.5	48.0
20-39.....	7.8	16.3	37.5	13.5	14.1	7.0	44.9
40-59.....	5.3	17.6	37.9	13.6	14.0	7.1	42.7
60 and over.....	2.4	16.2	37.2	12.6	13.8	8.1	44.8
20 and over.....	15.5	16.7	37.6	13.4	14.0	7.2	44.1
Females:							
6-11.....	1.4	14.7	34.2	13.1	12.5	6.0	52.5
12-19.....	2.0	15.4	36.8	14.2	13.7	6.2	49.2
20-39.....	7.4	16.8	36.1	13.0	13.1	7.2	46.0
40-59.....	5.3	17.9	37.4	13.3	13.6	7.5	44.5
60 and over.....	2.3	17.3	35.4	12.3	12.9	7.3	48.5
20 and over.....	15.1	17.3	36.5	13.0	13.3	7.3	45.9
All Individuals.....	39.9	16.6	36.8	13.4	13.5	7.0	46.1

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

Table 5.4.--Food Energy from Protein, Total Fat, Fatty Acids, and Carbohydrate: Mean Percentages per Individual in a Day, by Race, 1 Day, 1987-88

Race, Sex, and Age (Years)	Percent of Population	Protein	Total Fat	Saturated Fatty Acids	Monounsaturated Fatty Acids	Polyunsaturated Fatty Acids	Carbohydrate
	Percent						
White:							
Males and Females:							
Under 1.....	0.7	11.2	37.5	17.9	6.9	9.1	52.5
1-2.....	2.3	15.8	35.7	14.9	12.9	5.3	49.9
3-5.....	3.6	15.1	34.0	13.3	12.5	5.7	52.4
5 and under.....	6.6	15.0	35.0	14.4	12.0	5.9	51.5
Males:							
6-11.....	3.4	15.4	35.9	14.1	13.2	6.0	50.1
12-19.....	4.6	15.2	36.2	13.9	13.5	6.0	49.5
20-39.....	13.9	16.3	37.5	13.7	14.0	6.9	45.0
40-59.....	8.3	17.6	38.2	13.5	14.3	7.3	42.9
60 and over.....	6.5	16.6	36.7	12.6	13.8	7.4	46.1
20 and over.....	28.6	16.7	37.5	13.4	14.0	7.1	44.7
Females:							
6-11.....	3.5	15.1	34.9	13.3	13.0	6.0	51.4
12-19.....	4.7	15.7	35.8	13.8	13.3	5.9	49.5
20-39.....	14.2	16.2	36.1	13.1	13.1	7.1	47.4
40-59.....	9.1	17.6	36.7	13.0	13.5	7.3	45.8
60 and over.....	8.1	17.2	35.7	12.5	13.3	7.0	48.3
20 and over.....	31.4	16.9	36.2	12.9	13.3	7.1	47.2
All Individuals.....	82.8	16.4	36.5	13.4	13.4	6.8	47.2
Black:							
Males and Females:							
Under 1.....	.3	9.5	39.9	19.5	6.4	10.2	51.7
1-2.....	.5	19.1	36.9	14.8	13.8	5.4	42.6
3-5.....	.7	16.2	33.8	12.5	13.0	5.8	51.0
5 and under.....	1.6	15.7	36.1	14.8	11.9	6.6	48.4
Males:							
6-11.....	.6	17.0	37.8	14.7	14.2	6.0	46.0
12-19.....	.7	15.9	33.7	12.1	13.0	5.9	51.0
20-39.....	1.6	17.0	35.9	12.1	14.4	6.4	46.1
40-59.....	1.3	17.2	34.2	11.3	13.4	6.5	46.0
60 and over.....	.5	19.7	36.7	11.7	14.8	7.2	43.5
20 and over.....	3.4	17.5	35.4	11.7	14.1	6.6	45.7
Females:							
6-11.....	.7	15.0	35.5	13.7	13.3	5.8	50.6
12-19.....	1.0	15.2	35.5	12.8	14.1	5.8	49.7
20-39.....	2.0	16.8	35.6	12.2	13.5	6.9	46.9
40-59.....	1.3	17.4	35.4	12.1	13.2	7.2	47.4
60 and over.....	1.0	20.4	31.9	10.6	12.0	6.5	48.4
20 and over.....	4.2	17.8	34.7	11.8	13.1	6.9	47.4
All Individuals.....	12.2	16.9	35.3	12.5	13.3	6.5	47.6

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.



Table 6.--Nutrient Intakes as Percentages of 1989 Recommended Dietary Allowances: Mean per Individual in a Day, by Sex and Age,  
1 Day, 1987-88

Sex and Age (Years)	Percent of Population	Food Energy	Protein	Vitamin A: (IU)	Vitamin A: (mg RE)	Vitamin E	Vitamin C	Thiamin	Riboflavin	Niacin
	Percent									
Males and Females:										
Under 1.....	1.1	109	163	294	251	352	441	360	373	229
1-2.....	2.9	90	302	174	171	66	177	149	200	134
3-5.....	4.6	84	249	230	221	77	174	143	174	137
5 and under.....	8.7	90	256	219	208	110	210	173	209	148
Males:										
Under 1.....	.5	116	167	358	288	391	500	362	381	242
1-2.....	1.4	94	318	191	180	67	187	166	209	141
3-5.....	2.5	89	262	226	235	86	188	154	188	146
6-11.....	4.4	92	247	164	159	99	204	157	184	152
12-19.....	5.7	87	172	126	115	97	204	132	149	130
20-29.....	8.3	81	149	112	97	99	164	108	121	126
30-39.....	8.2	80	151	130	104	105	156	110	123	133
40-49.....	5.8	72	141	119	94	91	156	102	109	122
50-59.....	4.1	81	129	131	105	85	160	120	126	139
60-69.....	4.0	84	128	187	141	106	186	133	142	149
70 and over.....	3.0	84	124	154	124	102	186	133	139	145
80 and over.....	.8	77	103	146	125	86	207	117	120	123
20 and over.....	33.4	80	141	133	107	98	165	114	124	133
Females:										
Under 1.....	.6	103	160	237	216	316	388	358	366	216
1-2.....	1.5	87	287	158	162	66	167	133	192	128
3-5.....	2.1	79	233	235	204	67	157	130	157	126
6-11.....	4.6	84	215	139	133	95	196	136	156	134
12-19.....	6.1	78	146	112	101	83	170	118	133	115
20-29.....	8.5	70	127	124	99	85	124	98	107	105
30-39.....	8.6	70	123	136	112	85	129	103	112	112
40-49.....	6.4	67	122	139	107	83	132	97	105	107
50-59.....	4.3	77	131	152	123	90	151	117	125	137
60-69.....	4.7	74	123	163	123	83	152	114	119	126
70 and over.....	4.7	74	117	155	139	91	167	122	131	126
80 and over.....	1.6	69	111	162	168	86	152	119	137	131
20 and over.....	37.1	71	124	141	114	86	139	106	114	116
All Individuals.....	100.0	78	155	143	122	94	165	120	134	127

Table 6.--Nutrient Intakes as Percentages of 1989 Recommended Dietary Allowances: Mean per Individual in a Day, by Sex and Age, 1 Day, 1987-88--continued

Sex and Age (Years)	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus	Magnesium	Iron	Zinc
-----Percent-----								
Males and Females:								
Under 1.....	164	571	784	145	146	219	241	120
1-2.....	112	306	513	98	114	210	88	65
3-5.....	123	303	539	96	122	173	106	80
5 and under.....	125	339	562	103	123	191	118	80
Males:								
Under 1.....	174	589	809	152	151	218	233	129
1-2.....	118	326	510	102	119	225	100	71
3-5.....	133	329	579	103	129	185	115	80
6-11.....	131	260	375	121	153	148	140	99
12-19.....	106	166	342	93	129	85	150	92
20-29.....	92	135	321	96	149	83	151	86
30-39.....	95	130	301	112	180	85	156	91
40-49.....	86	117	293	94	159	76	146	85
50-59.....	84	120	265	87	147	73	136	79
60-69.....	91	135	294	96	154	80	145	80
70 and over.....	93	134	284	90	151	80	149	81
80 and over.....	74	130	318	73	134	72	127	63
20 and over.....	91	129	297	98	159	80	149	85
Females:								
Under 1.....	155	556	760	139	142	219	248	112
1-2.....	107	287	516	94	110	196	77	60
3-5.....	111	271	490	88	113	158	95	81
6-11.....	114	219	324	97	131	126	113	89
12-19.....	93	130	216	65	93	70	79	80
20-29.....	75	98	249	67	101	67	68	70
30-39.....	81	107	235	74	119	75	73	72
40-49.....	78	104	241	71	114	74	70	73
50-59.....	87	123	261	73	123	82	113	77
60-69.....	83	111	213	71	116	77	106	74
70 and over.....	90	126	318	75	115	76	112	71
80 and over.....	90	128	460	69	108	69	115	71
20 and over.....	81	109	250	71	114	74	85	72
All Individuals.....	94	152	305	87	132	92	116	81

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

Table 7.1.--Unweighted Distribution of Individuals by Characteristics of the Female Head of Household: Age and Employment Status, 1987-88

Sex and Age (Years)	Individuals	Age of Female Head (Years)					Employment Status of Female Head						
		Under 20	20-39	40-59	60 and over	No Female Head	Employed			Not Employed	Not Reported	No Female Head	
							Total	Full Time	Part Time				
Number		Percent											
Males and Females:													
Under 1.....	166	6.6	85.5	6.6	1.2	1.2	37.3	23.5	12.0	61.4	-	1.2	
1-2.....	333	3.3	87.7	7.8	1.2	.3	42.6	24.6	16.5	56.5	0.6	.3	
3-5.....	489	.6	89.2	8.2	2.0	.4	46.6	26.2	19.0	53.0	-	.4	
5 and under...	988	2.5	88.1	7.8	1.6	.5	43.7	25.2	17.0	55.6	.2	.5	
Males:													
6-11.....	460	2.0	80.0	16.3	1.7	2.0	58.3	36.1	20.0	39.3	.4	2.0	
12-19.....	518	5.6	40.5	51.7	2.1	4.6	59.3	35.3	21.2	35.9	.2	4.6	
20-29.....	654	20.5	51.7	23.2	4.6	17.4	47.7	31.5	15.0	34.6	.3	17.4	
30-39.....	774	11.9	75.5	7.6	5.0	11.6	52.2	35.7	15.1	35.9	.3	11.6	
40-49.....	539	11.9	29.3	55.5	3.3	11.9	57.7	39.0	17.3	30.1	.4	11.9	
50-59.....	431	10.9	3.9	78.4	6.7	10.7	47.8	28.5	17.6	40.8	.7	10.7	
60-69.....	433	13.2	1.8	27.5	57.5	13.2	24.2	14.3	9.2	62.6	-	13.2	
70-79.....	254	15.4	2.8	6.3	75.6	15.4	11.8	4.7	6.7	72.8	-	15.4	
70 and over...	327	17.7	2.4	7.3	72.5	17.7	11.6	4.6	6.4	70.3	.3	17.7	
20 and over.	3,158	14.3	35.2	31.4	19.1	13.6	43.6	28.2	14.1	42.5	.3	13.6	
Females:													
6-11.....	501	2.4	77.2	18.8	1.6	2.4	57.3	35.9	19.0	40.1	.2	2.4	
12-19.....	580	9.5	43.3	46.2	1.0	1.9	62.9	43.8	16.9	34.7	.5	1.9	
20-29.....	814	.7	80.6	15.5	3.2	.7	60.0	43.9	14.9	38.9	.4	.7	
30-39.....	914	.7	95.8	1.3	2.2	.7	63.6	43.3	17.4	35.4	.3	.7	
40-49.....	632	.3	.3	97.6	1.7	.3	66.1	47.6	16.9	32.8	.8	.3	
50-59.....	521	1.2	1.2	96.7	1.0	1.0	52.8	33.0	17.7	45.3	1.0	1.0	
60-69.....	590	1.0	.8	1.2	96.9	1.0	22.9	11.5	10.2	75.6	.5	1.0	
70-79.....	334	.9	.6	3.0	95.5	.9	7.8	2.4	5.1	90.7	.6	.9	
70 and over...	496	.8	.4	4.6	94.2	.8	7.7	2.6	4.6	90.7	.8	.8	
20 and over.	3,967	.8	39.0	32.5	27.8	.7	48.8	32.9	14.2	49.9	.6	.7	
All Individuals...	10,172	6.0	46.7	30.1	17.2	5.1	48.9	31.8	15.4	45.6	.4	5.1	

- Data not available.

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.



Table 7.2.--Unweighted Distribution of Individuals by Characteristics of the Female Head of Household: Education Level, 1987-88

Sex and Age (Years)	Individuals	Educational Level of Female Head					
		Elementary School or Less	Some High School	High School Completed	College	Not Reported	No Female Head
	Number	Percent					
Males and Females:							
Under 1.....	166	7.2	12.7	40.4	36.7	-	1.2
1-2.....	333	3.6	10.8	42.9	37.2	1.8	.3
3-5.....	489	4.1	11.7	43.8	36.2	1.0	.4
5 and under...	988	4.5	11.5	42.9	36.6	1.1	.5
Males:							
6-11.....	460	4.8	11.3	39.1	40.9	.9	2.0
12-19.....	518	7.7	13.7	40.2	33.0	1.5	4.6
20-29.....	654	20.3	11.0	36.2	28.3	.3	17.4
30-39.....	774	14.3	8.5	32.9	40.6	1.4	11.6
40-49.....	539	13.2	9.1	38.0	35.3	.7	11.9
50-59.....	431	13.5	12.1	40.8	26.2	1.4	10.7
60-69.....	433	15.2	15.7	36.7	23.8	1.4	13.2
70-79.....	254	19.7	13.0	28.7	24.8	-	15.4
70 and over...	327	22.6	11.9	26.6	24.2	.6	17.7
20 and over.	3,158	16.2	11.0	35.4	31.2	1.0	13.6
Females:							
6-11.....	501	5.8	12.2	42.5	36.5	.6	2.4
12-19.....	580	4.1	16.2	40.5	33.6	2.6	1.9
20-29.....	814	4.1	11.3	41.4	38.0	1.6	.7
30-39.....	914	3.4	9.2	38.3	46.4	1.0	.7
40-49.....	632	3.6	12.7	40.8	37.8	1.3	.3
50-59.....	521	5.4	12.3	41.1	30.1	1.5	1.0
60-69.....	590	6.9	19.5	36.9	25.4	1.7	1.0
70-79.....	334	10.8	17.4	29.9	25.1	1.8	.9
70 and over...	496	12.9	15.3	30.4	23.6	1.2	.8
20 and over.	3,967	5.5	12.9	38.5	35.2	1.4	.7
All Individuals...	10,172	8.8	12.3	38.4	34.2	1.2	5.1

- Data not available.

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

Table 8.1.--Unweighted Distribution of Individuals by Characteristics of the Male Head of Household: Age and Employment Status, 1987-88

Sex and Age (Years)	Individuals	Age of Male Head (Years)					Employment Status of Male Head					
		Under 20	20-39	40-59	60 and over	Male Head	Employed			Not Employed	Not Reported	No Male Head
							Total	Full Time	Part Time			
Number		Percent										
Males and Females:												
Under 1.....	166	15.1	77.7	6.0	-	13.9	74.7	68.1	5.4	10.8	0.6	13.9
1-2.....	333	18.6	67.6	12.0	1.2	18.3	72.7	64.0	7.8	8.7	.3	18.3
3-5.....	489	20.7	66.7	12.1	.6	20.7	73.2	66.1	5.5	6.1	-	20.7
5 and under...	988	19.0	68.8	11.0	.7	18.7	73.3	65.7	6.3	7.8	.2	18.7
Males:												
6-11.....	460	18.7	57.8	20.9	2.2	18.7	75.4	68.9	5.0	5.4	.4	18.7
12-19.....	518	20.1	23.9	52.5	3.3	18.3	69.7	62.0	6.0	11.6	.4	18.3
20-29.....	654	7.3	69.9	18.3	4.0	7.2	78.1	66.1	9.3	14.2	.5	7.2
30-39.....	774	3.9	91.3	1.3	3.2	3.9	85.9	75.8	8.3	9.8	.4	3.9
40-49.....	539	1.5	.6	96.1	1.9	1.5	88.5	81.8	5.6	9.8	.2	1.5
50-59.....	431	.9	.9	98.1	-	.9	77.0	68.2	7.0	21.1	.9	.9
60-69.....	433	1.2	.5	.2	86.8	1.2	40.6	28.6	12.0	58.2	-	1.2
70-79.....	254	.8	.4	.8	98.0	.8	15.7	3.9	11.8	83.5	-	.8
70 and over...	327	.9	.3	1.5	96.6	.9	14.7	4.9	9.8	84.4	-	.9
20 and over.	3,158	3.1	37.2	34.1	23.8	3.1	69.9	60.0	8.5	26.6	.3	3.1
Females:												
6-11.....	501	17.2	55.1	26.3	1.0	17.2	74.1	64.7	7.6	8.8	-	17.2
12-19.....	580	24.8	25.0	48.1	1.6	24.3	67.4	60.0	6.0	8.3	-	24.3
20-29.....	814	26.3	57.9	11.7	3.9	26.3	63.3	57.1	4.7	10.1	.4	26.3
30-39.....	914	22.4	55.5	19.6	1.9	22.4	70.9	64.7	5.3	6.6	.1	22.4
40-49.....	632	22.9	6.8	66.8	3.0	22.9	66.1	61.1	3.8	10.6	.3	22.9
50-59.....	521	23.0	1.2	52.2	18.2	23.0	56.4	47.2	8.3	19.8	.8	23.0
60-69.....	590	35.4	1.4	5.6	55.8	35.4	22.5	15.8	6.6	42.0	-	35.4
70-79.....	334	55.7	.6	2.7	40.4	55.7	8.4	3.6	4.8	35.9	-	55.7
70 and over...	496	61.3	.6	3.0	34.3	61.3	8.1	4.2	3.8	30.6	-	61.3
20 and over.	3,967	30.2	26.2	25.6	16.7	30.2	51.6	45.4	5.3	17.9	.3	30.2
All Individuals...	10,172	18.7	36.4	29.3	14.4	18.6	63.4	55.6	6.6	17.8	.3	18.6

- Data not available.

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

Table 8.2.--Unweighted Distribution of Individuals by Characteristics of the Male Head of Household: Education Level, 1987-88

Sex and Age (Years)	Individuals	Educational Level of Male Head					
		Elementary School or Less	Some High School	High School Completed	College	Not Reported	No Male Head
	Number	Percent					
Males and Females:							
Under 1.....	166	16.3	7.8	31.9	41.0	1.2	13.9
1-2.....	333	21.0	9.3	33.0	32.7	.6	18.3
3-5.....	489	22.3	10.2	29.2	35.2	.2	20.7
5 and under...	988	20.9	9.5	31.0	35.3	.5	18.7
Males:							
6-11.....	460	21.7	7.8	32.0	34.3	.7	18.7
12-19.....	518	20.5	12.4	28.6	33.8	1.0	18.3
20-29.....	654	10.9	13.5	38.4	33.0	.3	7.2
30-39.....	774	5.8	10.1	32.0	49.0	.6	3.9
40-49.....	539	4.1	10.0	35.3	44.5	1.3	1.5
50-59.....	431	4.2	15.3	37.4	33.6	1.4	.9
60-69.....	433	8.8	18.2	33.0	28.4	.2	1.2
70-79.....	254	11.8	15.4	28.0	24.8	.4	.8
70 and over...	327	12.2	15.6	26.0	23.9	.6	.9
20 and over.	3,158	7.4	13.2	34.1	37.4	.7	3.1
Females:							
6-11.....	501	19.6	11.4	32.1	34.3	-	17.2
12-19.....	580	26.7	10.3	28.6	29.7	.3	24.3
20-29.....	814	28.9	10.2	29.6	27.3	.7	26.3
30-39.....	914	24.4	7.5	27.1	38.5	.2	22.4
40-49.....	632	25.3	9.0	26.9	32.1	1.6	22.9
50-59.....	521	25.9	11.9	28.4	25.7	1.0	23.0
60-69.....	590	39.3	12.2	21.7	16.9	-	35.4
70-79.....	334	60.8	6.6	12.9	12.6	.3	55.7
70 and over...	496	65.3	5.8	11.5	11.3	.2	61.3
20 and over.	3,967	33.0	9.4	25.0	26.9	.6	30.2
All Individuals...	10,172	21.7	10.8	29.5	32.2	.6	18.6

- Data not available.

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

Table 9.--Unweighted Distribution of Individuals by Region and by Household Income Level, and by Race, 1987-88

Sex and Age (Years)	Individuals	Region				Income Level				
		Northeast	Midwest	South	West	Under 131% Poverty	131 to 300% Poverty	Over 300% Poverty	Not Reported	
Number		Percent								
Males and Females:										
Under 1.....	166	18.1	27.7	33.7	20.5	29.5	35.5	22.3	12.7	
1-2.....	333	17.4	30.0	33.3	19.2	29.1	33.6	21.6	15.6	
3-5.....	489	19.6	27.6	31.3	21.5	27.0	36.6	23.3	13.1	
5 and under...	988	18.6	28.4	32.4	20.5	28.1	35.4	22.6	13.9	
Males:										
6-11.....	460	20.0	27.2	30.2	22.6	24.6	36.5	24.6	14.3	
12-19.....	518	20.5	27.8	33.0	18.7	22.8	34.4	29.2	13.7	
20-29.....	654	18.0	26.9	38.7	16.4	17.7	33.3	33.6	15.3	
30-39.....	774	21.1	27.0	31.9	20.0	13.6	30.7	42.1	13.6	
40-49.....	539	21.5	25.4	34.7	18.4	8.5	24.9	48.4	18.2	
50-59.....	431	22.7	24.8	33.2	19.3	10.2	20.2	49.4	20.2	
60-69.....	433	22.4	26.3	35.6	15.7	15.7	30.5	35.6	18.2	
70-79.....	254	23.2	20.9	35.0	20.9	15.4	33.5	20.9	30.3	
70 and over...	327	22.0	21.4	37.0	19.6	18.3	32.1	20.8	28.7	
20 and over.	3,158	21.0	25.7	35.0	18.2	13.9	28.9	39.3	17.8	
Females:										
6-11.....	501	19.8	26.9	31.9	21.4	26.3	36.1	22.4	15.2	
12-19.....	580	17.9	29.0	34.8	18.3	25.2	31.6	25.7	17.6	
20-29.....	814	18.8	26.4	37.3	17.4	21.6	31.2	30.6	16.6	
30-39.....	914	20.6	26.8	32.7	19.9	17.7	30.7	37.4	14.1	
40-49.....	632	21.4	23.3	35.6	19.8	13.9	26.4	43.8	15.8	
50-59.....	521	22.8	25.1	35.1	16.9	11.9	23.0	43.4	21.7	
60-69.....	590	20.7	22.5	38.3	18.5	18.3	31.0	26.9	23.7	
70-79.....	334	21.6	21.6	38.6	18.3	27.2	30.8	15.3	26.6	
70 and over...	496	22.0	23.6	37.7	16.7	32.5	28.4	13.9	25.2	
20 and over.	3,967	20.8	24.9	35.9	18.4	19.1	28.9	33.3	18.7	
All Individuals...	10,172	20.4	26.1	34.6	18.9	19.5	30.7	32.6	17.3	

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

[illegible]

- Data not available.

NOTE: See "Table Notes."

FOOD AND NUTRIENT INTAKES BY INDIVIDUALS IN THE UNITED STATES, 1 DAY, 1987-88

Table 11.--Household Size and Household Income as a Percentage of Poverty, 1987-88 (unweighted)

Number of Household Members	:	:	:	:	Household Income as Percentage of Poverty			
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	Households	Mean Income	Median Income	Under 131% Poverty	131 to 300% Poverty	Over 300% Poverty	Not Reported	

NOTE: See "Table Notes."  
SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

Table 12.--Household Composition and Household Income as a Percentage of Poverty, 1987-88 (unweighted)

Composition of Households	:	:	:	:	Household Income as Percentage of Poverty			
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	Households	Mean Income	Median Income	Under 131% Poverty	131 to 300% Poverty	Over 300% Poverty	Not Reported	
	<u>Number</u>	<u>Dollars</u>		<u>Percent</u>				
Male head and female head:								
Children.....	1,174	33,709	29,184	16.3	34.8	34.3	14.6	
No Children.....	1,454	31,484	26,662	9.8	25.5	43.1	21.6	
Male head only:								
Children.....	35	36,210	26,112	14.3	31.4	45.7	8.6	
No Children.....	362	22,475	18,944	19.3	23.8	43.6	13.3	
Female head only:								
Children.....	292	13,371	10,944	48.3	31.8	5.5	14.4	
No Children.....	790	14,143	10,895	30.1	25.6	22.8	21.5	
All Households.....	4,107	26,743	21,860	19.2	28.5	34.1	18.2	

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.



## Table Notes

### General Notes

- (1) The numbers in the "Percentage of Population" column in the tables are calculated from weighted counts of individuals. Results in the data columns are weighted to estimate population values. See appendix D for an explanation of weighting procedures and for unweighted and weighted counts of individuals.
- (2) Income or race was not reported for some individuals, therefore, the number in the "Percentage of Population" column for the income and race categories may not sum to 100 percent.
- (3) Many foods reported in the survey were mixtures of two or more ingredients. For example, cheese pizza is a mixture of dough, tomato sauce, cheese, and other ingredients. Food mixtures reported as a single item are usually coded as a single item and tabulated under the food group of the major ingredient. Pizza's major ingredient is dough, so pizza is tabulated under total grain products and under mixtures mainly grain. Thus, the secondary ingredients in the pizza (for example, cheese and tomato sauce) are included in the grain table rather than in the tables where they would appear if each ingredient had been reported and coded separately. For some foods (such as cheese and tomatoes), which are often eaten as secondary ingredients in mixtures, intakes reported in the tables are considerably smaller than the actual total intakes of those foods. See appendix B for information on breaking down mixtures into their component parts.
- (4) Descriptions of what foods are included in each table category reflect the scope of food codes available in the coding manual (22) at the time of the survey. Not all foods mentioned here were necessarily eaten by survey participants.
- (5) In a day—Based on 24-hour dietary recall of day preceding interview.
- (6) Coefficient of variation—Unless noted by a footnote, estimated coefficients of variation are less than 25 percent. For additional information see appendix D.

### TABLES 1.1-1 TO 3.7-2—FOOD INTAKES

Mean intake—Quantities given are for foods as ingested; no inedible parts are included. Mean for each age group includes users and nonusers.

Percentage of population—Excludes children being breast fed (see "Breast-fed child" in glossary and text tables D-2 through D-5).

Percentage of individuals using—User is an individual reporting any food item in the specified group or subgroup.

### MEAT, POULTRY, FISH (Tables 1.1-1 and 1.1-2; 2.1-1 and 2.1-2; 3.1-1 and 3.1-2)

Total meat, poultry, fish—Includes beef, pork, lamb, veal, game, organ meats, frankfurters, sausages, luncheon meats, poultry, fish, shellfish, and mixtures having meat, poultry, or fish as a main ingredient. Excludes meat, poultry, and fish that were ingredients in food mixtures coded as a single item and tabulated under another food group; for example, pepperoni on pizza, which is tabulated under grain products. Meat gravies and unflavored gelatin are included in this total, but not in any of the following subgroups.

Beef—Includes all cuts (including ground and oxtail); pickled beef; corned beef; beef bacon; pastrami; and baby-food beef. Excludes organ meats and frankfurters, sausages, and luncheon meats. Excludes beef that was an ingredient in food mixtures coded as a single item.

Pork—Includes all cuts (including ground); pickled, dehydrated, smoked, and cured pork; ham; pork roll; bacon; salt pork; pork cracklings; pig's feet; pork rinds; and baby-food pork and ham. Excludes organ meats and frankfurters, sausages, and luncheon meats. Excludes pork that was an ingredient in food mixtures coded as a single item.

Lamb, veal, game—Includes lamb, mutton, goat, veal, rabbit, venison, other game, and baby-food lamb and veal. Excludes organ meats and frankfurters, sausages, and luncheon meats. Excludes lamb, veal, and game that were ingredients in food mixtures coded as a single item.

Organ meats—Includes liver, heart, kidney, and other organ meats from beef, pork, lamb, veal, game, and poultry; also includes baby-food liver and heart. Excludes organ meats that were ingredients in food mixtures coded as a single item.

Frankfurters, sausages, luncheon meats—Includes frankfurters, sausages, and luncheon meats made from beef, pork, ham, veal, game, chicken, and turkey and baby-food meat sticks and frankfurters. Excludes frankfurters, sausages, and luncheon meats that were ingredients in food mixtures coded as a single item.

Total poultry—Includes chicken, turkey, duck, goose, cornish game hen, dove, quail, pheasant, and baby-food chicken and turkey. Excludes organ meats (giblets) and frankfurters, sausages, and luncheon meats. Excludes poultry that was an ingredient in food mixtures coded as a single item.

Chicken—Includes chicken only. Excludes organ meats (giblets).

Fish and shellfish—Includes finfish; shellfish, such as clams, crabs, lobster, oysters, scallops, and shrimp; and other seafood, such as frogs' legs, fish roe, squid, and turtle. Excludes fish and shellfish that were ingredients in food mixtures coded as a single item.

Mixtures mainly meat, poultry, fish—Includes mixtures having meat, poultry, or fish as a main ingredient, such as chicken cacciatore; beef potpie; tuna-noodle casserole; venison stew; liver dumplings; hash; shrimp salad; corn dog; chicken soup; frozen meals in which the main course is a meat, poultry, or fish item; meat, poultry, or fish sandwiches coded as a single item (for example, cheeseburger on a bun); and baby-food meat and poultry mixtures.

#### **MILK AND MILK PRODUCTS (Tables 1.2-1 and 1.2-2; 2.2-1 and 2.2-2; 3.2-1 and 3.2-2)**

Total milk and milk products—Includes milk and milk drinks, yogurt, milk desserts, and cheese. Fluid and whipped cream, half-and-half, sour cream, and milk sauces and gravies are included in this total but not in any of the following subgroups. Excludes butter and nondairy sweet cream and sour cream substitutes, which are tabulated under fats and oils. Excludes milk and milk products that were ingredients in food mixtures coded as a single item and tabulated under another food group; for example, cheese on pizza is tabulated under grain products.

Total milk and milk drinks—Includes fluid milk and yogurt. Flavored milk and milk drinks, meal replacements with milk, milk-based infant formulas, whey, and

unreconstituted dry milk and powdered mixtures are included in this total but not in any of the following subgroups.

Total fluid milk—Includes fluid whole, lowfat, skim, acidophilus, and filled cow's milk; buttermilk; goat's milk; reconstituted dry milk; evaporated milk; and sweetened condensed milk.

Whole milk—Includes whole fluid cow's milk, low-sodium whole milk, whole fluid milk filled with vegetable oil, reconstituted whole dry milk, and whole fluid goat's milk.

Lowfat and skim milk—Includes lowfat (1 and 2 percent) and skim fluid cow's milk, buttermilk, acidophilus milk, lowfat fluid milk filled with vegetable oil, and reconstituted lowfat and nonfat dry milk.

Yogurt—Includes plain, flavored, and fruit-variety yogurt, and breakfast yogurt. Excludes frozen yogurt.

Milk desserts—Includes ice cream, imitation ice cream, ice milk, milk sherbet, frozen yogurt, and other desserts made with milk, such as pudding, custard, and baby-food pudding.

Cheese—Includes natural hard and soft cheeses, cottage cheese, cream cheese, processed cheeses and spreads, imitation cheeses, and mixtures having cheese as a main ingredient, such as cheese dips and cheese sandwiches coded as a single item.

Calcium equivalent—Quantity of whole fluid milk to which milk and milk products are equivalent in calcium content (see glossary).

#### **VEGETABLES (Tables 1.3-1 and 1.3-2; 2.3-1 and 2.3-2; 3.3-1 and 3.3-2)**

Total vegetables and fruits—Includes white potatoes, tomatoes, dark-green and deep-yellow vegetables, other vegetables, citrus fruits and juices, dried fruits, other fruits, mixtures having vegetables or fruits as a main ingredient, and vegetable and fruit juices. Excludes vegetables and fruits that were ingredients in food mixtures coded as a single item and tabulated under another food group; for

example, potatoes in beef stew, which is tabulated under meat, poultry, and fish, or apples in apple pie, which is tabulated under grain products.

**Total vegetables**—Includes white potatoes, tomatoes, dark-green and deep-yellow vegetables, other vegetables, mixtures having vegetables as a main ingredient, and vegetable juices. Excludes vegetables that were ingredients in food mixtures coded as a single item and tabulated under another food group; for example, potatoes in beef stew, which is coded under meat, poultry, and fish.

**White potatoes**—Includes baked, boiled, mashed, fried, and canned potatoes; potato skins; potato chips; and mixtures having potatoes as a main ingredient, such as potato salad, stuffed baked potatoes, and potato soup.

**Tomatoes**—Includes raw and cooked tomatoes; tomato juice and soup; catsup, chili sauce, and other tomato sauces; and mixtures having tomatoes as a main ingredient, such as tomato and corn, tomato and okra, and tomato sandwiches coded as a single item.

**Dark-green vegetables**—Includes raw and cooked broccoli and dark-green leafy vegetables such as chard, collards, escarole, mustard and turnip greens, kale, and spinach; mixtures having dark-green vegetables as a main ingredient, such as spinach souffle; and baby-food spinach.

**Deep-yellow vegetables**—Includes raw and cooked deep-yellow or orange vegetables such as carrots, pumpkin, winter squash, and sweetpotatoes; mixtures having deep-yellow vegetables as a main ingredient, such as peas and carrots and sweetpotato casserole; and baby-food carrots, squash, and sweetpotatoes.

**Other vegetables**—Includes raw and cooked vegetables other than white potatoes, tomatoes, dark-green and deep-yellow vegetables, and their mixtures. Includes vegetable juices and soups; pickles, olives, and relishes; salads; viandas (Puerto Rican starchy vegetables); baby-food vegetables and baby-food vegetable mixtures with meat; and mixtures having "other" vegetables as a main ingredient, such as succotash or lettuce-based salads coded as a single item.

## **FRUITS (Tables 1.4-1 and 1.4-2; 2.4-1 and 2.4-2; 3.4-1 and 3.4-2)**

**Total fruits**—Includes citrus fruits and juices, dried fruits, and other fruits; mixtures having fruit as a main ingredient; and fruit juices. Excludes fruits that were ingredients in food mixtures coded as a single item and tabulated under another food group; for example, apples in apple pie, which is tabulated under grain products.

**Total citrus fruits and juices**—Includes oranges and other citrus fruits, mixtures having citrus fruits as a main ingredient, orange juice and other citrus juices, mixtures of citrus and other fruit juices, and baby-food citrus juices. Excludes citrus fruit drinks and aides such as lemonade, which are tabulated under beverages.

**Citrus juices**—Includes fresh, frozen, canned, or bottled grapefruit, lemon, lime, orange, tangerine, and other citrus juices whether sweetened or unsweetened; mixtures such as grapefruit and orange juice, apricot-orange juice, and pineapple-grapefruit juice; and baby-food citrus juices.

**Dried fruits**—Includes dried apples, apricots, figs, prunes, raisins, and other fruits. Excludes juices such as prune juice, which are tabulated under other fruits, mixtures, and juices.

**Total other fruits, mixtures, juices**—Includes raw, frozen, pickled, cooked, and canned apples, bananas, berries, and other fruits except citrus and dried fruit; mixtures that are mainly noncitrus fruit; noncitrus juices (including prune juice) and nectars; and baby-food noncitrus fruits and juices, fruits with tapioca, and fruit desserts and puddings. Excludes fruit drinks and ades, which are tabulated under beverages. Excludes fruit juice bars and sorbets, which are tabulated under total sugars and sweets.

**Apples**—Includes raw and cooked apples, applesauce, and baby-food applesauce. Excludes apples that were ingredients in noncitrus fruit mixtures coded as a single item.

**Bananas**—Includes raw and cooked bananas. Excludes bananas that were ingredients in noncitrus fruit mixtures coded as a single item. Excludes the starchy vegetables called "green bananas," which are tabulated under other vegetables.



Other fruits and mixtures mainly fruit—Includes fruits other than citrus fruits, dried fruits, apples, and bananas; mixtures of apple or banana and other noncitrus fruits coded as a single item; and baby-food noncitrus fruits (except applesauce) and mixtures having fruit as a main ingredient.

Noncitrus juices and nectars—Includes fruit juices, nectars, and baby-food juices other than citrus. Excludes fruit drinks and ades, which are tabulated under beverages.

#### **GRAIN PRODUCTS (Tables 1.5-1 and 1.5-2; 2.5-1 and 2.5-2; 3.5-1 and 3.5-2)**

Total grain products—Includes yeast breads and rolls; quick breads, pancakes, and french toast; cakes, cookies, pastries, and pies; crackers, popcorn, pretzels, and corn chips; cereals and pastas; and mixtures having a grain product as a main ingredient. Excludes grain products that were ingredients in food mixtures coded as a single item and tabulated under another food group; for example, noodles in tuna-noodle casserole, which is tabulated under meat, poultry, and fish, or bread in a cheese sandwich coded as a single item, which is tabulated under milk and milk products. Flour and biscuit mix coded separately are included under this total but not in any of the following subgroups.

Yeast breads and rolls—Includes white, whole-wheat, "wheat," cracked-wheat, rye, pumpernickel, multigrain, and other yeast breads and rolls (excluding sweet rolls), english muffins, and bagels. Excludes yeast breads and rolls that were ingredients in food mixtures coded as a single item.

Quick breads, pancakes, french toast—Includes biscuits, cornbread, tortillas, muffins, other quick breads, pancakes, waffles, french toast, and plain crepes. Excludes quick breads that were ingredients in food mixtures coded as a single item.

Cakes, cookies, pastries, pies—Includes yeast-type sweet rolls, yeast- and crumb- or quick-bread-type coffee cakes, croissants, cakes, cookies, pies, cobblers, eclairs, dessert crepes, turnovers, danish pastries, doughnuts, breakfast bars, granola bars, and sweet crackers.

Crackers, popcorn, pretzels, corn chips—Includes nonsweet crackers, corn- or cornmeal-based salty snacks, popcorn, and pretzels. Excludes potato chips, which are tabulated under white potatoes.

Total cereals and pasta—Includes macaroni, noodles, spaghetti, grits, oatmeal, rice, other cooked cereal grains, ready-to-eat cereals, uncooked cereal grains such as unprocessed bran, baby food cereals, and mixtures of baby cereal and fruit or egg yolk. Excludes cereals and pastas that were ingredients in food mixtures coded as a single item.

Ready-to-eat cereals—Includes unsweetened and sweetened ready-to-eat cereals.

Mixtures mainly grain—Includes mixtures having a grain product as a main ingredient, such as enchiladas, pizza, egg rolls, quiche, spaghetti with sauce, rice and pasta mixtures, frozen meals in which the main course is a grain mixture, noodle and rice soups, and baby-food macaroni and spaghetti.

#### **EGGS; LEGUMES; NUTS AND SEEDS; FATS AND OILS; SUGARS AND SWEETS (Tables 1.6-1 and 1.6-2; 2.6-1 and 2.6-2; 3.6-1 and 3.6-2)**

Eggs—Includes whole eggs, egg whites, egg yolks, meringues, egg substitutes, baby-food egg yolks, and mixtures having egg as a main ingredient, such as omelets, egg salad, or egg sandwiches coded as a single item. Excludes eggs that were ingredients in food mixtures coded as a single item and tabulated under another food group; for example, eggs in baked goods, which are tabulated under grain products.

Legumes—Includes cooked dry beans, peas, and lentils; mixtures having legumes as a main ingredient, such as baked beans, lentil soup, or baby-food split peas; soybean-derived products, such as soy-based baby formulas, imitation milk, tofu, soy sauce, and soy-based meal replacements; frozen meals with cooked dry beans or peas as the main course; and meat substitutes that are mainly vegetable protein. Excludes peanuts, which are tabulated under nuts and seeds. Excludes legumes that were ingredients in food mixtures coded as a single item and tabulated under another food group; for example, beans in tacos, which are tabulated under grain products.

Nuts and seeds—Includes unroasted, roasted, and honey-roasted nuts and peanuts; coconut; peanut butter; peanut butter sandwiches coded as a single item; coconut milk and cream; nut mixtures; seeds; and carob products. Excludes chocolate-covered and sugar-coated nuts, which are tabulated under candy. Excludes nuts and seeds that were ingredients in food mixtures coded as a single item and tabulated under another food group; for example, nuts in baked goods, which are tabulated under grain products.

Total fats and oils—Includes table fats; cooking fats such as bacon drippings, lard, and vegetable shortening; vegetable oils; salad dressings; nondairy sweet cream and sour cream substitutes; and hollandaise and other sauces that are mainly fat or oil. Excludes fats and oils that were ingredients in food mixtures coded as a single item and tabulated under another food group; for example, fats or oils used to fry chicken, which is tabulated under meat, poultry, or fish, or mayonnaise in cole slaw, which is tabulated under vegetables.

Table fats—Includes butter, margarine, imitation margarine, margarine-like spreads, and blends of butter with margarine or vegetable oil.

Salad dressings—Includes regular and low-calorie salad dressings and mayonnaise.

Total sugars and sweets—Includes sugar, sugar substitutes, syrups, honey, molasses, sweet toppings, frostings, sweet sauces, jellies, jams, preserves, fruit butters, marmalades, sweet pastes, gelatin desserts, ices, fruit bars, sorbets, popsicles, candy (including dietetic sweets), and chewing gum. Excludes sugars that were ingredients in food mixtures coded as a single item and tabulated under another food group; for example, sugar in baked goods, which are tabulated under grain products, or sugar in carbonated soft drinks, which are tabulated under beverages.

Sugars—Includes white, brown, maple, and raw sugar; fructose; and sugar substitutes.

Candy—Includes all types of candy (including dietetic sweets), chocolate-covered and sugar-coated nuts, chocolate chips, fruit leather, chewing gum, breath mints, and cough drops.

## BEVERAGES (Tables 1.7-1 and 1.7-2; 2.7-1 and 2.7-2; 3.7-1 and 3.7-2)

Total beverages—Includes alcoholic and nonalcoholic beverages. Excludes tap water and noncarbonated bottled water. Excludes beverages that were ingredients in food mixtures coded as a single item and tabulated under another food group; for example, wine in beef burgundy, which is tabulated under meat, poultry, and fish.

Total alcoholic beverages—Includes wine, beer, ale, liqueurs, cocktails, other mixed drinks, and distilled liquors.

Wine—Includes wine, cooking wine, light wine, and mixtures made with wine, such as wine coolers. Excludes nonalcoholic wine, which is tabulated under nonalcoholic beverages.

Beer and ale—Includes beer, ale, light ("lite") beer, and beer coolers. Excludes "near beer," which is tabulated under nonalcoholic beverages.

Total nonalcoholic beverages—Includes coffee, tea, fruit drinks and ades, and soft drinks. Several nonalcoholic, nonfruit, noncarbonated beverages (for example, Puerto Rican oatmeal beverage); nonalcoholic wine; and "near beer" are included under this total but not in any of the following subgroups.

Coffee—Includes decaffeinated and regular coffee made from ground or instant coffee, liquid concentrate, coffee mixes, and coffee substitutes.

Tea—Includes decaffeinated and regular tea made from leaves, from frozen concentrate, or from instant tea mixes with or without lemon, sugar, or artificial sweetener; and herb and other teas.

Total fruit drinks and ades—Includes regular and low-calorie fruit drinks, punches, and ades, including those made from powdered mix and frozen concentrate. Also includes fruit-based nonalcoholic cocktail mixes, such as piña colada mix. Excludes fruit juices, which are tabulated under fruits, and carbonated fruit drinks, which are tabulated under carbonated soft drinks.

Regular fruit drinks and ades—Includes all fruit drinks, punches, and ades except low-calorie and low-sugar types.

Low-calorie fruit drinks and ades—Includes low-calorie and low-sugar fruit drinks, punches, and ades.

Total carbonated soft drinks—Includes regular and low-calorie carbonated soft drinks, such as colas, fruit-flavored and cream sodas, ginger ale, root beer, and carbonated soft drinks containing fruit juice; carbonated fruit juice drinks; and sweetened and unsweetened carbonated water.

Regular carbonated soft drinks—Includes all carbonated soft drinks except unsweetened and sugar-free types.

Low-calorie carbonated soft drinks—Includes unsweetened and sugar-free carbonated soft drinks, seltzer water, and carbonated mineral water.

#### TABLES 4.1 TO 4.4—NUTRIENT INTAKES

Percentage of population—Excludes children being breast fed (see "Breast-fed child" in glossary and text tables D-2 through D-5).

Total fat—The difference between the amount of total fat and the sum of the amounts of saturated, monounsaturated, and polyunsaturated fatty acids includes the non-fatty-acid components of fat, such as glycerol, phosphoric acid aminobases of phospholipids, sterols (including cholesterol), and fat-soluble vitamins.

Dietary fiber—Represents total dietary fiber, including both the insoluble fraction (cellulose, hemicellulose, and lignin) and the soluble fraction (for example, gums in cereal grains and pectin in fruits and vegetables).

Vitamin A—Represents vitamin A activity derived from both preformed vitamin A (retinol) and provitamin A carotenoids expressed as international units (IU) and as micrograms retinol equivalents (RE). One IU equals 0.3 micrograms of retinol, 0.6 micrograms of beta-carotene, or 1.2 micrograms of other carotenoids having vitamin A activity. One RE equals 1 microgram of retinol, 6 micrograms of beta-carotene, or 12 micrograms of other provitamin A carotenoids.

Carotenenes—Represents vitamin A activity derived from beta-carotene and other provitamin A carotenoids expressed as micrograms retinol equivalents (RE).

Vitamin E—Represents vitamin E activity derived from alpha-, beta-, and gamma-tocopherol and alpha-tocotrienol expressed as milligrams alpha-tocopherol equivalents (alpha-TE). One alpha-tocopherol equivalent equals 1 milligram of alpha-tocopherol, 2 milligrams of beta-tocopherol, 10 milligrams of gamma-tocopherol, or 3.3 milligrams of alpha-tocotrienol.

Niacin—Represents nicotinic acid and nicotinamide present in foods. Does not include potential niacin that could be converted from dietary tryptophan, a niacin precursor, in the body.

Folate—Represents total folate activity.

Sodium—Includes naturally occurring sodium, sodium contributed by compounds used in food processing, and an assumed amount of sodium used in food preparation. Excludes sodium from salt added at the table.

#### TABLES 5.1 TO 5.4—FOOD ENERGY FROM PROTEIN, TOTAL FAT, FATTY ACIDS, AND CARBOHYDRATE

Food energy—Energy provided by protein, fat, and carbohydrate was calculated using the general factors 4, 9, and 4 kilocalories per gram, respectively, rather than food-specific factors (23).

Total fat—The difference between the amount of total fat and the sum of the amounts of saturated, monounsaturated, and polyunsaturated fatty acids includes the non-fatty-acid components of fat, such as glycerol, phosphoric acid aminobases of phospholipids, sterols (including cholesterol), and fat-soluble vitamins.

Percentage of population—Excludes children being breast fed (see "Breast-fed child" in glossary and text tables D-2 through D-5).

#### TABLE 6—NUTRIENT INTAKES AS PERCENTAGES OF 1989 RECOMMENDED DIETARY ALLOWANCES

Recommended Dietary Allowances—The 1989 Recommended Dietary Allowances (24) are provided in appendix C.



Percentage of population—Excludes children being breast fed (see "Breast-fed child" in glossary and text tables D-2 through D-5).

Niacin—Represents nicotinic acid and nicotinamide present in foods. Does not include potential niacin that could be converted from dietary tryptophan, a niacin precursor, in the body.

#### **TABLES 7.1 to 12—CHARACTERISTICS OF INDIVIDUALS AND HOUSEHOLDS**

Distributions—Based on unweighted data.

Individuals—Unlike the food and nutrient intake tables, these tables include children being breast fed (see "Breast-fed child" in glossary and text tables D-2 through D-5).



## Glossary

Age—Calculated from date of birth.

Alpha-tocopherol equivalents—See "Vitamin E."

Black—See "Race."

Breast-fed child—Any child that received any breast milk during the survey days, whether or not the child also had intakes of food other than breast milk. Since breast milk intakes were not quantified in the NFCS, intake information for breast-fed children was underestimated. For this reason, breast-fed children are excluded from tables of food and nutrient intakes. However, breast-fed children were included in the weighting process and in the tables of distributions of individuals by various characteristics. Survey data tapes include information on breast-fed children for researchers who wish to impute breast milk intakes.

Calcium equivalent—The amount, expressed in grams, of whole fluid cow's milk that has the same quantity of calcium as the reported milk product. For example, the calcium equivalent of 2 ounces (57 g) of cheddar cheese is calculated as follows:

- (1) Derive calcium conversion factor for cheddar cheese—

$$\frac{\text{Calcium in 100 g cheddar cheese}}{\text{Calcium in 100 g whole fluid milk}} = \frac{721 \text{ mg}}{119 \text{ mg}} = 6.06$$

- (2) Multiply amount of cheddar cheese eaten, expressed in grams, by the calcium conversion factor— $57 \text{ g} \times 6.06 = 345 \text{ g}$ . (The amount of calcium in 57 g of cheddar cheese is equal to the amount of calcium in 345 g of whole fluid milk.)

Intakes of total milk and milk products may be compared among population groups using calcium equivalents to take into account the different calcium densities of milk products subgroups (for example, fluid milk and cheese) that may be used in varying proportions by the population groups.

Carotenes—Beta-carotene and other provitamin A carotenoids. See "Vitamin A."

Central city—See "Urbanization."

Dietary fiber—Total dietary fiber, including both the insoluble fraction (cellulose, hemicellulose, and lignin) and the soluble fraction (for example, gums in cereal grains and pectin in fruits and vegetables).

Educational level—Male and female heads of households were categorized according to the highest grade of formal schooling completed: (a) elementary—grade 8 or less; (b) some high school—1 to 3 years; (c) high school completed—4 years or high school equivalency; (d) college—1 to 6 years or more; or (e) not reported. Formal schooling does not include trade or vocational schooling, company training, or tutoring, unless credit is given which would be accepted at a regular school or college.

Employment status—Employment includes any full-time or part-time work done during the week prior to the interview for which money, goods, or services were received. Employment includes active duty in the Armed Forces. An individual was also "employed" if he or she had a job but was not actually at work that week. Full-time status equals 35 hours or more worked during the week; part-time status equals 1 to 34 hours.

Female head of household—Person indicated as such by the main meal-planner/preparer; usually the wife of the male head of household if a male head was present.

Folate—Total folate activity.

Food group—See Table Notes above for descriptions of the various food groups and subgroups.

Food intake—All foods and beverages (except water) ingested by an individual. Does not include inedible parts of foods (such as bones, rinds, and seeds); uneaten portions of food; or vitamin, mineral, or other supplements.

Food obtained and eaten away from home—Any ingested food or beverage that did not come from the home food supply. Food obtained away from home and carried home to be eaten, such as take-home pizza, was considered part of the home food supply. See "Home food supply."

Home food supply—Foods and beverages ingested at home (including food obtained away from home and carried home to be eaten) and food items carried from home and eaten elsewhere, such as those in picnics and packed lunches.

Household—All persons who regularly share a house, an apartment, a room, or a group of rooms which are used as separate living quarters; includes persons temporarily absent, such as those who were in the hospital or traveling. Excludes individuals who were living away in group quarters such as dormitories, rooming houses, military barracks, and institutions. Residences with nine or more persons unrelated to each other were considered group quarters and were not eligible to participate in the survey.

Household income—Main meal-planner/preparer's estimate of the total income from all sources, before taxes, of all household members for the calendar year prior to the interview.

Household size—Number of individuals in a household. See "Household."

Income level—Three ranges of household income expressed as a percentage of poverty level are used in this report: under 131 percent of the poverty level, 131-300 percent of poverty, and over 300 percent of poverty. See appendix C for an explanation of how percentage of poverty level was determined.

Main meal-planner/preparer—Person most responsible for planning or preparing the household's meals.

Male head of household—Person indicated as such by the main meal-planner/preparer; usually the husband of the female head of household if a female head was present.

Midwest—See "Region."

Niacin—Nicotinic acid and nicotinamide present in foods. Does not include potential niacin that could be converted from dietary tryptophan, a niacin precursor, in the body.

Nonmetropolitan area—See "Urbanization."

Northeast—See "Region."

Nutrient intake—Nutrient content of all foods and beverages (except water) ingested by the respondent. Excludes vitamin, mineral, and other supplements. See "Data Processing" in appendix C for information on the nutrient data base.

One-day dietary recall—A recall of beverages and foods ingested during the day preceding the interview—the 24 hours from midnight to 11:59 p.m.

Poverty level—See "Income levels" in appendix C for an explanation of how percentage of poverty level was determined.

Race—The main meal-planner/preparer reported the race of each household member as white, black, Asian/Pacific Islander, Aleut/Eskimo/American Indian, or some other race. Race categories included in this report are limited to black and white because of the small numbers of individuals of other races.

Recommended Dietary Allowances (RDA)—Levels of nutrient intakes considered by the Food and Nutrition Board of the National Academy of Sciences to be adequate to meet the known nutritional needs of practically all healthy individuals (24). In a population group whose usual intake approximates or exceeds the RDA, the likelihood of deficiency is small (24). The 1989 RDA for the various sex-age groups are given at the end of appendix C.

Region—An area of the conterminous United States as defined by the U.S. Department of Commerce for the 1980 Census of Population. The four census regions and their census divisions and States are as follows:

Northeast:

New England—Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island, Vermont

Middle Atlantic—New Jersey, New York, Pennsylvania

Midwest (formerly North Central):

East North Central—Illinois, Indiana, Michigan, Ohio, Wisconsin

West North Central—Iowa, Kansas, Minnesota, Missouri, Nebraska,

North Dakota, South Dakota

South:

South Atlantic—Delaware, District of Columbia, Florida, Georgia, Maryland,  
North Carolina, South Carolina, Virginia, West Virginia  
East South Central—Alabama, Kentucky, Mississippi, Tennessee  
West South Central—Arkansas, Louisiana, Oklahoma, Texas

West:

Mountain—Arizona, Colorado, Idaho, Montana, Nevada, New Mexico, Utah,  
Wyoming  
Pacific—California, Oregon, Washington (The census definition of the Pacific  
division also includes Alaska and Hawaii, which are excluded from the NFCS.)

Retinol equivalents—See "Vitamin A."

Sample weights—See "Weighting factors."

South—See "Region."

Suburban area—See "Urbanization."

Supplements—Vitamins and minerals ingested by respondents in a form other  
than in food or beverage. Not included in food and nutrient intake data.

Two-day dietary record—Record of foods and beverages ingested during the day  
of the interview and the following day.

User—Any survey participant who ate a food item from a specified food group or  
subgroup at least once during the survey day.

Urbanization—Based on metropolitan statistical areas (MSA) defined by the U.S.  
Department of Commerce for the 1980 Census of Population. The degrees of  
urbanization in this report are as follows:

Central city: A main city within an MSA;

Suburban area: Within the boundaries of an MSA, but not within the legal limits  
of the central city;

Nonmetropolitan area: Any area not within an MSA.

Vitamin A—Vitamin A activity derived from both preformed vitamin A (retinol) and  
provitamin A carotenoids. Values in tables are expressed as international units (IU)  
and as micrograms of retinol equivalents (RE). One IU equals 0.3 micrograms of  
retinol, 0.6 micrograms of beta-carotene, or 1.2 micrograms of other carotenoids  
having vitamin A activity. One RE equals 1 microgram of retinol, 6 micrograms of  
beta-carotene, or 12 micrograms of other provitamin A carotenoids.

Vitamin E—Vitamin E activity derived from alpha-, beta-, and gamma-tocopherol  
and alpha-tocotrienol. Values in tables are expressed as milligrams of alpha-  
tocopherol equivalents. One alpha-tocopherol equivalent equals 1 milligram of  
alpha-tocopherol, 2 milligrams of beta-tocopherol, 10 milligrams of gamma-  
tocopherol, or 3.3 milligrams of alpha-tocotrienol.

Weighting factors—Factors applied to data from completed questionnaires to  
adjust for nonresponse. The data were weighted to yield estimates that match the  
population distribution of 13 demographic characteristics which are believed to be  
related to food intake behavior (25-28) and to equalize interviews over months of  
the year and days of the week. See appendix D, "Sample Weights," for a further  
discussion.

West—See "Region."

White—See "Race."



## Appendix A: Differences Between NFCS 1977-78 and NFCS 1987-88

The information in this appendix is provided so that population estimates from NFCS 1987-88 can be compared with NFCS 1977-78 estimates. Differences in survey methodology, sample weights, food coding procedures, and the nutrient data base are described below, as is the 1988 Bridging Study (2) which was conducted by USDA to facilitate comparison of the results of the individual intake component of NFCS 1987-88 with those of NFCS 1977-78.

In 1986, in order to facilitate the evaluation of data on dietary intake, the Life Sciences Research Office (LSRO) of the Federation of American Societies of Experimental Biology convened an ad hoc Expert Panel on Guidelines for Use of Dietary Intake Data. The guidelines formulated by the expert panel were summarized by Anderson (29).

NFCS 1977-78 and NFCS 1987-88 generally conform to the LSRO guidelines. The methods used in the two surveys were generally equivalent, although procedures differed somewhat in detail and the nutrient data bases were created to represent the composition of foods eaten at each point in time. The effects of improvements in procedures and in the nutrient data base were investigated and published (2). The conceptual basis for the variables was constant between the two surveys, the time interval between the two surveys was long, and the sampling procedures were equivalent.

The LSRO sampling guideline implies that the survey results should adequately represent the target populations at the two points in time. Because of the low response rate in NFCS 1987-88, the potential for nonresponse bias cannot be ignored. Although the weighting scheme used for NFCS 1987-88 may have reduced the magnitude of nonresponse bias, the likelihood of such bias in NFCS 1987-88 should be considered along with the results of the Bridging Study by those who wish to evaluate appropriately the changes in dietary intakes revealed by the results of NFCS 1977-78 and NFCS 1987-88. Appendix D provides additional information on survey nonresponse.

### Methodology

The first day of dietary intake data was collected using an in-person interview in both the 1977-78 NFCS and the 1987-88 NFCS. In both surveys, collection of data on dietary intake followed the collection of information on household use of food for a 7-day period. The household information was collected with the use of a laptop computer in 1987-88. In NFCS 1987-88, data collection began

April 15, 1987, and continued into August of 1988. In NFCS 1977-78, data collection began April 1, 1977, and was completed by March 31, 1978.

The 1987-88 questionnaire contained some questions not asked in 1977-78. These included questions about the use of salt and fat in the preparation of food (asked only of the main meal planner/preparer about food from the home food supply) and a question that probed for foods that might have been forgotten, such as snack foods, beverages, foods eaten or tasted while preparing meals or cleaning up, and items added to food at the table, such as mustard, butter, and sugar. Interviewers received more training in 1987-88 than in 1977-78 in probing for more detailed information about food items. For example, for many processed foods, the interviewer was instructed to ask for the brand name. The food instruction booklet (used by interviewers in both 1977-78 and 1987-88 to guide the dietary recall) was revised and lengthened for the 1987-88 survey to improve descriptions of food items and appropriateness of measures used in estimating amounts.

### Sample Weights

Both the NFCS 1977-78 and the NFCS 1987-88 were designed to be self-weighting, multistage, stratified area probability samples of households in the 48 conterminous States. In both surveys, completion rates for the various PSU's differed and weighting factors were applied to the data. The initial weighting procedures for NFCS 1977-78 and NFCS 1987-88 were similar. However, the NFCS 1987-88 weighting procedures included an additional step designed to match weighted sample totals to the U.S. population distribution of 13 demographic characteristics that are believed to be related to food intake behavior. Appendix D provides additional information on the sample weights for NFCS 1987-88. Published reports from the NFCS 1977-78 include information on weighting for that survey (8-10).

## Food Coding

The food coding system used for NFCS 1977-78 was revised for NFCS 1987-88. The revisions to the coding system generally fall into the following categories:

- (1) Addition of new products and elimination of products no longer marketed.
- (2) Elimination of products reported infrequently in the 1977-78 survey.
- (3) Addition of new codes to provide more detailed specifications.
- (4) Deletion of product distinctions where the level of detail was more than the respondent might reasonably be expected to know, such as whether breads were made with enriched flour.
- (5) Combination under a single food code of items that were previously coded separately, such as several varieties of fish having very similar nutrient composition values.
- (6) Separation of certain foods coded as mixtures in 1977-78, such as coffee with cream, into their components.
- (7) Modification of food code descriptions to clarify the contents of mixtures, such as whether the mixture contained a vegetable high in vitamin A and whether a sauce was part of the mixture.
- (8) Separation into multiple codes of some similar foods coded together in 1977-78, such as low-sodium and regular products.
- (9) Refinement of recipes used for food mixtures. For example, many recipes containing butter in 1977-78 were changed to contain margarine in 1987-88.
- (10) Implementation of a system to accommodate responses to the new questions asked of the main meal-planner/preparer on use of salt and fat in food preparation. A response that salt or fat was added to an item in cooking was translated into an assumed amount of salt or fat added to the recipe and was coded accordingly. Fat was coded by type. (These codes were used only for the individual providing the information, not for other household members.)

- (11) Revision of factors ("gram equivalents") used to convert household measures of food intake into grams as improved data became available.

## Nutrient Data Base

The nutrient data base created for the NFCS 1987-88 was updated from the 1977-78 data base to include both improvements in the quality of food composition data and changes in the nutrient content of foods attributable to new varieties and species and to new enrichment and fortification levels. Major changes were as follows:

- (1) Many changes occurred because of data improvement. The most notable changes were for vitamins B<sub>6</sub> and B<sub>12</sub>, magnesium, and iron. The overall data base for magnesium and vitamins B<sub>6</sub> and B<sub>12</sub> is more reliable; values for many of the foods for which data existed before are now based on more analyses, and many additional foods are now covered. This improved data base may contribute to either increases or decreases in amounts of these nutrients in foods. Improvements to the data base for iron resulted in lower values for meat and for milk-based formulas. The tables of mean nutrient intakes in the NFCS 1977-78 provided in this appendix have been adjusted to reflect the improvements for these four nutrients.
- (2) A change in enrichment standards resulted in higher iron values for white flour, bread, and other bakery products made with white flour. There has also been an increase in the number of foods containing enriched flour. Iron values for dried fruit are lower partly because the moisture content of dried fruit was higher.
- (3) The closer trimming of fat at the retail level has resulted in lower total fat values for beef.
- (4) The development of new varieties of carrots and sweetpotatoes that are more intense in color and have a higher content of vitamin A has resulted in higher vitamin A values for those foods.

### The 1988 Bridging Study

HNIS conducted the 1988 Bridging Study to facilitate comparison of the results of NFCS 1977-78 and NFCS 1987-88 (2). A field experiment was designed using a split-sample approach to test the effects of changes in interview, food coding, and weight conversion procedures and in the nutrient data base on estimates of mean intakes of food energy and the 14 nutrients reported in 1977-78: fat, protein, carbohydrate, calcium, iron, magnesium, phosphorus, thiamin, riboflavin, niacin, and vitamins A, B<sub>6</sub>, B<sub>12</sub>, and C.

Women 20 to 49 years of age were randomly assigned to one of two treatment groups. A 24-hour recall was administered to Group A (N=348) using 1987-88 interview procedures, and their nutrient intakes were calculated using the 1987-88 food codes, weight conversions, and nutrient data base. Group B (N=349) was interviewed using 1977-78 procedures; dietary recalls were coded twice independently, using 1987-88 and 1977-78 food codes. Group B nutrient intakes were calculated four ways using various combinations of 1987-88 and 1977-78 food codes, weight conversions, and nutrient data bases.

Two main conclusions were drawn from the 1988 Bridging Study. The first was that the changes and improvements made between NFCS 1977-78 and NFCS 1987-88 in interview procedures, including probes, and in coding procedures had little effect on estimated intakes of all nutrients.

The second was that the weight conversion and nutrient data changes influenced results for some nutrients, but not for others. Specifically, the effects of these changes should be considered when comparing results for iron, magnesium, and vitamins B<sub>12</sub> and B<sub>6</sub>. However, they should not compromise the validity of comparisons between results of the two surveys for energy, fat, protein, carbohydrate, calcium, phosphorus, thiamin, riboflavin, niacin, and vitamins A and C.

Statistically significant differences were found in the Bridging Study for magnesium, iron, and thiamin; however, the thiamin difference was caused mostly by real changes in foods, posing no problem for comparisons. Differences caused by improvements in the nutrient data bases should also be considered when comparing intakes of vitamins B<sub>12</sub> and B<sub>6</sub> because they were caused mostly by improved food composition data and not real changes in foods. The nutrient data differences for these two nutrients and for magnesium were not unexpected

because the values in 1977 were based on more limited data than were values for other nutrients (2). Such changes in nutrient composition data are to be expected as improvements in the data are continually made.

Based on conclusions of the Bridging Study, nutrient intakes in NFCS 1977-78 have been adjusted to reflect improvements in the nutrient data base for iron, magnesium, and vitamins B<sub>6</sub> and B<sub>12</sub>. Adjustments were made to the NFCS 1977-78 nutrient data base by examining food values from each time period to distinguish between differences resulting from actual changes in food products and differences resulting from normal data improvements. Special attention was given to food mixtures that were important sources of one of the four nutrients. For those food mixtures whose nutrient values were calculated from recipes, data for each recipe component were examined and the recipe recalculated where appropriate. Mean nutrient intakes were then recalculated using the adjusted nutrient data base values. Tables of mean food and nutrient intakes in the NFCS 1977-78 follow.

## Guide to Tables in Appendix A

<u>Number</u> <sup>1</sup>	<u>Title</u>	<u>Page</u>
	<u>Food intakes by sex and age:</u> Mean per individual in a day and percentages of individuals using, 1 day, 1977-78 (tables A1.1-1 to A1.7-2)	
A1.1-1 to A1.1-2	Meat, poultry, fish .....	102
A1.2-1 to A1.2-2	Milk and milk products .....	104
A1.3-1 to A1.3-2	Vegetables.....	106
A1.4-1 to A1.4-2	Fruits.....	108
A1.5-1 to A1.5-2	Grain products .....	110
A1.6-1 to A1.6-2	Eggs; legumes; nuts and seeds; fats and oils; sugars and sweets.....	112
A1.7-1 to A1.7-2	Beverages.....	114
A4.1	<u>Nutrient intakes by sex and age:</u> Mean per individual in a day, 1 day, 1977-78 .....	116
A5.1	<u>Food energy from protein, total fat, fatty acids, and carbohydrate by sex and age:</u> Mean percentages per individual in a day, 1 day, 1977-78.....	120

<sup>1</sup>Table numbers in appendix A correspond to table numbers for the food and nutrient intakes in the main section of this publication.



Appendix Table A1.1-1.--Meat, Poultry, Fish: Mean Intakes per Individual in a Day, by Sex and Age, 1 Day, 1977-78

Sex and Age (Years)	:	:	:	:	:	:	:	:	:	:	:	:
	Percent	:	:	:	:	:	:	:	:	:	:	:Mixtures
	:	:	:	:	:	:	:	:	:	:	:	: Mainly
	of	Total	Beef	Pork	Lamb,	Organ	Frankfurters,	Poultry	:	Fish and	Meat,	:
	Population:	:	:	:	Veal,	Meats	Sausages,	:	:	Shellfish	Poultry,	:
:	:	:	:	:	:	:	Luncheon	:	:	:	:	:Poultry,
:	:	:	:	:	:	:	Meats	:	:	:	:	: Fish
:	:	:	:	:	:	:	:	Total	Chicken:	:	:	:
:	:	:	:	:	:	:	:	:	:	:	:	:
<hr/>												
	Percent	-----Grams-----										
Males and Females:												
Under 1.....	1.1	57	1/7	1/3	1/2	1/1	1/2	5	4	2/0		36
1-2.....	2.8	98	19	8	1/1	1/1	15	14	13	4		34
3-5.....	4.6	120	26	10	1	1/1	16	18	16	5		40
5 and under.....	8.5	105	21	8	1	1	14	15	13	4		37
Males:												
6-11.....	5.0	172	39	15	1/1	1	19	24	21	6		60
12-19.....	7.5	257	64	24	2	1/2	26	29	25	9		93
20-29.....	6.8	299	79	25	2	1/2	31	31	28	16		106
30-39.....	5.3	294	72	30	3	2	29	33	28	12		104
40-49.....	4.3	302	80	31	4	1/3	30	29	26	17		99
50-59.....	4.6	278	74	31	4	1/3	28	29	25	16		84
60-69.....	3.6	247	63	28	1/4	5	25	30	27	12		71
70 and over.....	2.5	211	51	27	1/4	1/2	19	26	23	10		65
20 and over.....	27.2	280	72	28	3	3	28	30	27	14		92
Females:												
6-11.....	5.2	157	40	13	1/1	1/1	17	20	18	6		55
12-19.....	7.8	186	46	16	2	1	17	23	21	10		66
20-29.....	9.3	185	49	17	1/1	1/1	17	25	22	9		62
30-39.....	8.0	192	47	19	2	3	15	22	19	14		66
40-49.....	6.1	194	51	18	4	2	15	25	22	14		59
50-59.....	6.6	194	47	18	1/3	4	14	25	23	11		66
60-69.....	5.0	171	43	18	4	3	11	23	21	12		52
70 and over.....	3.8	149	35	15	1/3	2	11	24	21	8		44
20 and over.....	38.8	184	47	18	3	2	15	24	21	11		60
All Individuals.....	100.0	207	52	20	2	2	20	25	22	11		69

1/ Coefficient of variation at least 25% but less than 50%(see appendix D).

2/ Coefficient of variation greater than or equal to 50%(see appendix D).

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1977-78.

Appendix Table A1.1-2.--Meat, Poultry, Fish: Percentages of Individuals Using at Least Once, by Sex and Age, 1 Day, 1977-78

	:	:	:	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:	:	:	: Mixtures
Sex and Age	Percent	Total	Beef	Pork	Lamb,	Organ	Frankfurters,	Poultry		Fish and	Mainly
(Years)	of				Veal,	Meats	Sausages,			Shellfish	Meat,
	Population:				Game		Luncheon	_____			Poultry,
	:	:	:	:	:	:	Meats	:	:	:	Fish
	:	:	:	:	:	:		Total	Chicken:	:	
	:	:	:	:	:	:		:	:	:	:
	Percent						Percent				
Males and Females:											
Under 1.....	1.1	48.9	10.0	3.8	3.8	1.7	4.8	7.5	6.1	0.5	24.3
1-2.....	2.8	89.1	28.7	20.3	1.5	2.5	32.2	18.3	17.0	6.9	26.0
3-5.....	4.6	91.3	31.4	21.7	1.0	2.2	33.7	19.0	16.9	6.5	27.7
5 and under.....	8.5	85.0	27.7	18.9	1.5	2.2	29.4	17.2	15.5	5.8	26.7
Males:											
6-11.....	5.0	94.7	33.1	22.4	1.2	1.9	33.3	20.3	17.3	6.9	31.3
12-19.....	7.5	96.0	37.0	26.9	.9	1.9	31.7	18.2	15.7	7.5	36.6
20-29.....	6.8	94.3	38.5	25.1	1.2	1.7	31.8	17.1	14.7	9.2	35.8
30-39.....	5.3	95.3	37.9	31.3	1.8	2.7	34.5	17.8	14.9	9.0	33.5
40-49.....	4.3	97.4	42.2	34.2	2.1	2.7	34.8	17.4	14.7	10.1	32.0
50-59.....	4.6	97.5	41.5	33.7	2.4	3.5	32.8	17.3	14.5	10.7	31.2
60-69.....	3.6	95.6	38.2	31.9	3.1	4.3	31.7	21.3	18.6	8.1	25.2
70 and over.....	2.5	95.2	32.1	34.7	2.5	3.1	25.8	19.5	17.3	6.7	23.4
20 and over.....	27.2	95.8	38.8	31.0	2.0	2.8	32.4	18.1	15.5	9.2	31.4
Females:											
6-11.....	5.2	93.7	34.8	19.9	1.4	1.5	32.0	18.0	15.9	8.0	30.9
12-19.....	7.8	92.3	33.5	21.4	1.3	1.2	26.6	19.0	17.1	8.8	31.7
20-29.....	9.3	91.3	32.6	23.1	1.2	1.3	26.0	18.9	16.7	8.8	29.2
30-39.....	8.0	91.9	34.8	24.3	1.7	2.5	26.8	17.1	14.9	10.5	30.3
40-49.....	6.1	93.2	36.1	26.2	2.3	2.2	24.9	20.2	17.4	11.2	27.5
50-59.....	6.6	93.5	33.0	26.5	2.0	3.6	22.9	19.6	17.3	9.6	28.3
60-69.....	5.0	92.4	33.1	26.8	2.9	3.7	20.0	18.7	16.4	9.1	25.1
70 and over.....	3.8	89.6	29.8	25.6	2.5	2.7	20.9	21.5	18.0	7.0	21.1
20 and over.....	38.8	92.1	33.4	25.1	1.9	2.5	24.2	19.1	16.6	9.5	27.7
All Individuals.....	100.0	93.0	34.7	25.6	1.7	2.3	28.5	18.6	16.2	8.7	29.9

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1977-78.

Appendix Table A1.2-1.--Milk and Milk Products: Mean Intakes per Individual in a Day, by Sex and Age, 1 Day, 1977-78

	:	:	:	:					:	:
	:	:	:	:	Milk and Milk Drinks				:	:
	:	:	:	:					:	:
Sex and Age	:	Percent	:	:					:	Milk
(Years)	:	of	:	Total	:	Total	:	:	Desserts	Cheese
	:	Population:	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:	:	:
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1/ Coefficient of variation at least 25% but less than 50%(see appendix D).

2/ Coefficient of variation greater than or equal to 50%(see appendix D).

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1977-78.

Appendix Table A1.2-2.--Milk and Milk Products: Percentages of Individuals Using at Least Once, by Sex and Age,  
1 Day, 1977-78

Sex and Age (Years)	Percent of Population	Total	Milk and Milk Drinks					Milk Desserts:	Cheese	
			Total	Fluid Milk			Yogurt			
				Total	Whole	Lowfat/Skim				
<u>Percent</u>		<u>Percent</u>								
Males and Females:										
Under 1.....	1.1	92.4	92.0	53.1	26.9	14.6	1.9	5.0	5.3	
1-2.....	2.8	94.2	92.3	91.0	47.3	24.6	1.3	17.1	18.4	
3-5.....	4.6	93.9	90.5	88.4	49.7	21.9	1.1	20.8	19.3	
5 and under.....	8.5	93.8	91.3	84.6	45.9	21.9	1.3	17.5	17.2	
Males:										
6-11.....	5.0	94.4	91.9	89.5	57.9	20.2	.8	22.1	14.9	
12-19.....	7.5	89.9	85.1	81.9	49.8	18.5	.5	19.9	18.9	
20-29.....	6.8	76.6	63.8	60.6	30.5	13.1	1.9	12.2	25.7	
30-39.....	5.3	75.3	59.9	57.7	26.7	14.5	1.4	14.4	27.7	
40-49.....	4.3	75.9	59.1	56.9	25.0	15.5	1.3	16.7	25.8	
50-59.....	4.6	80.9	66.0	64.9	28.8	16.9	.8	16.8	28.9	
60-69.....	3.6	79.3	64.6	63.7	24.4	20.8	.4	19.9	23.5	
70 and over.....	2.5	83.4	73.0	72.0	37.1	17.0	.7	16.6	21.5	
20 and over.....	27.2	78.0	63.6	61.6	28.4	15.8	1.2	15.5	26.0	
Females:										
6-11.....	5.2	95.4	93.0	90.4	57.7	20.2	.5	24.0	17.5	
12-19.....	7.8	84.4	76.7	71.7	41.7	16.2	.7	17.6	19.0	
20-29.....	9.3	76.7	63.1	59.1	27.2	16.5	2.4	10.9	25.8	
30-39.....	8.0	74.9	58.4	55.1	22.6	17.0	2.8	11.0	28.0	
40-49.....	6.1	73.2	54.2	51.7	23.0	15.4	1.7	12.9	27.1	
50-59.....	6.6	77.6	62.4	60.1	23.9	19.1	2.3	14.4	26.4	
60-69.....	5.0	80.3	66.1	64.4	25.8	21.4	2.4	15.5	25.9	
70 and over.....	3.8	83.8	72.7	70.9	31.0	20.2	1.5	17.7	24.6	
20 and over.....	38.8	77.1	61.9	59.1	25.2	17.9	2.3	13.1	26.4	
All Individuals.....	100.0	82.1	70.9	67.8	34.3	17.8	1.5	16.0	23.3	

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1977-78.

Appendix Table A1.3-1.--Vegetables: Mean Intakes per Individual in a Day, by Sex and Age, 1 Day, 1977-78

Sex and Age (Years)	Percent of Population	Total Vegetables and Fruits	Vegetables					
			Total	White Potatoes	Tomatoes	Dark-Green Vegetables	Deep-Yellow Vegetables	Other Vegetables
Percent	Grams							
Males and Females:								
Under 1.....	1.1	228	74	10	2/1	1/4	16	42
1-2.....	2.8	238	94	33	7	3	6	45
3-5.....	4.6	244	110	40	12	3	5	49
5 and under.....	8.5	240	100	34	9	3	7	47
Males:								
6-11.....	5.0	305	154	61	11	6	7	69
12-19.....	7.5	350	208	85	17	8	8	90
20-29.....	6.8	352	227	79	26	10	7	104
30-39.....	5.3	372	249	81	30	9	11	118
40-49.....	4.3	397	265	86	32	10	11	126
50-59.....	4.6	443	276	84	33	10	9	140
60-69.....	3.6	418	258	73	34	12	13	125
70 and over.....	2.5	417	244	72	27	11	12	122
20 and over.....	27.2	393	251	80	30	10	10	121
Females:								
6-11.....	5.2	317	158	56	14	7	7	74
12-19.....	7.8	294	165	61	16	6	6	76
20-29.....	9.3	303	187	53	23	8	9	95
30-39.....	8.0	315	193	53	24	8	8	100
40-49.....	6.1	334	206	51	31	11	9	104
50-59.....	6.6	383	217	51	30	10	10	116
60-69.....	5.0	411	230	53	32	13	14	118
70 and over.....	3.8	388	214	59	27	12	15	101
20 and over.....	38.8	346	205	53	27	10	10	104
All Individuals.....	100.0	343	201	62	23	8	9	97

1/ Coefficient of variation at least 25% but less than 50%(see appendix D).

2/ Coefficient of variation greater than or equal to 50%(see appendix D).

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1977-78.

Appendix Table A1.3-2.--Vegetables: Percentages of Individuals Using at Least Once, by Sex and Age, 1 Day, 1977-78

Sex and Age (Years)	Percent of Population	Total Vegetables and Fruits	Vegetables					
			Total	White Potatoes	Tomatoes	Dark-Green Vegetables	Deep-Yellow Vegetables	Other Vegetables
<u>Percent</u>			<u>Percent</u>					
Males and Females:								
Under 1.....	1.1	81.5	56.3	12.4	0.8	3.9	18.8	35.7
1-2.....	2.8	90.3	77.8	47.2	12.3	4.7	10.5	51.4
3-5.....	4.6	89.8	81.1	48.2	20.0	5.5	8.5	58.3
5 and under.....	8.5	88.9	76.8	43.2	15.0	5.0	10.5	53.1
Males:								
6-11.....	5.0	92.3	84.9	55.8	17.6	5.3	10.3	65.2
12-19.....	7.5	92.4	86.9	58.2	22.5	5.8	8.3	66.1
20-29.....	6.8	90.2	85.9	53.2	25.4	6.3	6.5	66.1
30-39.....	5.3	92.7	89.0	51.3	25.8	6.7	8.5	73.9
40-49.....	4.3	92.4	88.4	51.0	26.2	6.7	9.4	75.2
50-59.....	4.6	94.3	88.6	50.1	26.8	7.5	8.6	76.1
60-69.....	3.6	94.0	89.8	48.0	27.5	8.9	9.8	74.2
70 and over.....	2.5	92.1	86.3	46.8	22.3	8.6	12.1	67.1
20 and over.....	27.2	92.4	87.9	50.7	25.8	7.2	8.7	71.9
Females:								
6-11.....	5.2	93.5	87.0	54.0	21.1	6.8	9.3	66.9
12-19.....	7.8	90.4	82.9	51.3	22.0	5.2	7.2	61.9
20-29.....	9.3	90.2	84.3	43.7	25.1	5.7	8.6	67.6
30-39.....	8.0	91.1	86.0	43.9	24.7	7.3	8.3	72.3
40-49.....	6.1	92.2	86.7	43.9	27.5	8.7	9.5	71.2
50-59.....	6.6	94.4	88.3	41.3	25.6	7.9	10.5	76.3
60-69.....	5.0	94.0	87.1	40.6	26.8	10.8	13.2	72.7
70 and over.....	3.8	93.4	87.2	42.1	23.0	8.7	15.0	69.7
20 and over.....	38.8	92.2	86.3	42.8	25.5	7.8	10.2	71.5
All Individuals.....	100.0	91.9	85.7	48.0	23.6	6.9	9.4	68.3

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1977-78.

Appendix Table A1.4-1.--Fruits: Mean Intakes per Individual in a Day, by Sex and Age, 1 Day, 1977-78

Sex and Age (Years)	Percent of Population	Total	Citrus Fruits and Juices			Other Fruits, Mixtures, Juices				
			Total	Juices	Dried Fruits	Total	Apples	Bananas	Other Fruits and Mixtures	Noncitrus Juices and Nectars
<u>Percent</u>			<u>Grams</u>							
Males and Females:										
Under 1.....	1.1	154	18	18	*	135	22	15	65	33
1-2.....	2.8	144	56	50	1	85	18	13	27	27
3-5.....	4.6	134	60	52	1	71	19	9	21	22
5 and under.....	8.5	140	53	47	1	84	19	11	29	25
Males:										
6-11.....	5.0	152	66	55	1/1	84	23	9	38	15
12-19.....	7.5	142	70	60	*	70	23	7	30	9
20-29.....	6.8	126	62	53	*	63	17	8	27	11
30-39.....	5.3	123	59	50	*	62	17	6	28	12
40-49.....	4.3	132	61	51	*	70	20	7	32	11
50-59.....	4.6	168	74	55	1/1	92	25	15	43	9
60-69.....	3.6	160	63	47	1/2	94	19	14	51	10
70 and over.....	2.5	173	67	50	3	103	20	15	53	15
20 and over.....	27.2	142	64	51	1	76	19	10	36	11
Females:										
6-11.....	5.2	158	71	60	*	85	27	9	36	14
12-19.....	7.8	129	62	53	1/1	66	20	6	28	12
20-29.....	9.3	116	60	51	*	54	13	5	24	12
30-39.....	8.0	122	61	49	*	60	15	6	28	11
40-49.....	6.1	128	64	52	*	63	16	6	33	8
50-59.....	6.6	167	77	56	1	88	22	10	45	11
60-69.....	5.0	180	80	64	1/1	99	20	12	53	14
70 and over.....	3.8	175	72	54	3	98	23	14	46	16
20 and over.....	38.8	142	68	54	1	72	17	8	36	12
All Individuals.....	100.0	142	65	53	1	75	19	9	34	13

1/ Coefficient of variation at least 25% but less than 50%(see appendix D).

2/ Coefficient of variation greater than or equal to 50%(see appendix D).

\* Value less than .5 but greater than 0.

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1977-78.



Sex and Age (Years)	Percent of Population	Total	Citrus Fruits and Juices			Dried Fruits	Other Fruits, Mixtures, Juices			
			Total	Juices	Total		Apples	Bananas	Other Fruits and Mixtures	Noncitrus Juices and Nectars
<u>Percent</u>			<u>Percent</u>							
Males and Females:										
Under 1.....	1.1	72.2	13.4	13.2	0.2	68.6	21.8	15.8	44.9	22.8
1-2.....	2.8	60.8	31.8	29.0	4.0	44.5	16.5	13.3	18.9	13.3
3-5.....	4.6	55.7	31.4	28.2	2.4	37.2	14.8	8.7	14.5	9.5
5 and under.....	8.5	59.5	29.2	26.5	2.7	43.7	16.3	11.1	19.9	12.5
Males:										
6-11.....	5.0	59.0	32.3	27.6	1.0	42.2	15.9	7.8	21.6	6.6
12-19.....	7.5	50.1	30.3	26.0	.7	31.9	13.2	5.8	16.6	3.1
20-29.....	6.8	42.6	25.7	21.0	.7	25.5	9.8	5.8	12.8	3.4
30-39.....	5.3	46.7	28.4	23.8	.9	28.9	9.7	5.0	14.9	4.3
40-49.....	4.3	47.6	28.3	22.4	.5	30.4	12.4	6.3	15.1	4.3
50-59.....	4.6	59.5	35.8	27.7	1.5	40.0	13.2	12.7	19.5	4.2
60-69.....	3.6	58.4	32.6	24.0	2.3	40.8	11.7	11.3	24.6	4.8
70 and over.....	2.5	61.6	36.2	27.3	5.2	45.3	11.8	14.5	27.4	7.1
20 and over.....	27.2	51.0	30.3	23.9	1.5	33.3	11.2	8.4	17.6	4.4
Females:										
6-11.....	5.2	61.5	35.8	30.8	1.2	43.2	18.2	7.3	22.1	5.9
12-19.....	7.8	50.0	29.4	24.9	.8	31.7	13.1	5.1	15.4	4.0
20-29.....	9.3	44.1	25.9	21.7	1.2	25.9	8.9	4.2	13.2	4.3
30-39.....	8.0	48.1	28.9	23.9	1.4	29.9	9.8	4.8	16.1	4.4
40-49.....	6.1	51.2	31.9	25.9	.9	31.6	9.9	5.1	17.6	3.6
50-59.....	6.6	62.6	39.5	30.0	1.7	41.9	14.2	8.7	23.8	4.6
60-69.....	5.0	67.2	41.4	33.7	2.2	45.7	12.5	11.4	28.6	6.7
70 and over.....	3.8	65.6	40.5	30.7	5.9	47.2	14.6	13.5	26.3	8.3
20 and over.....	38.8	54.2	33.2	26.7	1.9	35.0	11.2	7.1	19.6	4.9
All Individuals.....	100.0	53.8	31.6	26.0	1.6	35.6	12.5	7.6	18.8	5.4

SOURCE: USDA Nationwide Food Consumption Survey, 1977-78.

Appendix Table A1.5-1.--Grain Products: Mean Intakes per Individual in a Day, by Sex and Age, 1 Day, 1977-78

	:	:	:	:	:	:	:	Cereals and	:
	:	:	:	:	:	:	:	Pastas	:
Sex and Age	Percent	:	Yeast	Quick Breads,	Cakes,	Crackers,	:	:	:
(Years)	of	Total	Breads	Pancakes,	Cookies,	Popcorn,	:	:	Mixtures
:	Population:	:	and Rolls	French Toast	Pastries,	Pretzels,	:	:	Mainly
:	:	:	:	:	Pies	Corn Chips	:	:	Grain
:	:	:	:	:	:	:	Total	Ready-	Eat
:	:	:	:	:	:	:	:	Cereals	:
:	:	:	:	:	:	:	:	:	:
<hr/>									
	Percent	-----Grams-----							
Males and Females:									
Under 1.....	1.1	64	3	2	3	1/1	43	1	13
1-2.....	2.8	163	28	9	17	3	56	10	49
3-5.....	4.6	193	43	15	25	4	56	16	51
5 and under.....	8.5	166	33	11	19	3	54	12	45
Males:									
6-11.....	5.0	244	57	21	40	4	61	20	61
12-19.....	7.5	295	77	27	48	6	60	18	78
20-29.....	6.8	277	79	24	41	7	49	8	77
30-39.....	5.3	252	76	23	40	5	43	7	64
40-49.....	4.3	252	76	23	45	4	47	7	57
50-59.....	4.6	242	75	21	40	4	54	9	48
60-69.....	3.6	230	68	25	43	4	57	11	32
70 and over.....	2.5	233	64	25	39	3	72	12	29
20 and over.....	27.2	252	75	23	41	5	52	9	56
Females:									
6-11.....	5.2	230	51	18	34	5	59	18	63
12-19.....	7.8	215	52	18	34	5	47	11	58
20-29.....	9.3	186	46	15	25	4	40	6	56
30-39.....	8.0	175	47	15	26	4	38	5	44
40-49.....	6.1	172	48	15	27	3	38	4	40
50-59.....	6.6	173	49	15	29	3	39	7	36
60-69.....	5.0	172	50	14	29	3	46	9	29
70 and over.....	3.8	186	49	15	30	3	59	10	31
20 and over.....	38.8	177	48	15	27	3	42	7	42
All Individuals.....	100.0	215	57	19	33	4	49	10	52

1/ Coefficient of variation at least 25% but less than 50%(see appendix D).

2/ Coefficient of variation greater than or equal to 50%(see appendix D).

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1977-78.

Appendix Table A1.5-2.--Grain Products: Percentages of Individuals Using at Least Once, by Sex and Age, 1 Day, 1977-78

	:	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	Cereal and	:
	:	:	:	:	:	Cakes,	Crackers,	Pastas	:
Sex and Age	Percent	:	Yeast	Quick Breads,	Cookies,	Popcorn,			Mixtures
(Years)	of	Total	Breads	Pancakes,	Pastries,	Pretzels,	:	:	Mainly
	Population:	:	and Rolls	French Toast	Pies	Corn Chips	:	Ready-	Grain
	:	:	:	:	:	:	Total	to-Eat	:
	:	:	:	:	:	:	:	Cereals	:
	:	:	:	:	:	:	:	:	:
	<u>Percent</u>	<u>Percent</u>							
Males and Females:									
Under 1.....	1.1	85.4	11.7	5.0	12.4	5.6	79.9	6.7	8.5
1-2.....	2.8	98.6	68.6	18.3	42.6	20.9	70.2	40.7	29.1
3-5.....	4.6	99.3	78.2	22.2	44.9	17.0	68.8	50.3	28.0
5 and under.....	8.5	97.3	66.3	18.7	39.9	16.8	70.7	41.4	25.8
Males:									
6-11.....	5.0	99.6	80.8	23.1	52.3	15.8	67.5	51.9	26.3
12-19.....	7.5	98.1	81.3	23.0	45.2	15.0	50.3	36.9	25.3
20-29.....	6.8	95.7	78.6	17.7	35.7	14.5	30.3	16.1	21.2
30-39.....	5.3	96.3	82.0	18.9	36.6	13.6	28.7	13.7	19.5
40-49.....	4.3	96.7	80.4	19.5	41.6	14.7	32.2	16.4	17.6
50-59.....	4.6	97.4	85.8	17.2	39.9	14.5	40.0	22.1	15.1
60-69.....	3.6	97.6	85.3	20.4	41.8	16.3	46.1	26.9	10.8
70 and over.....	2.5	99.8	87.0	22.3	38.5	16.6	57.2	33.4	10.5
20 and over.....	27.2	96.9	82.5	18.9	38.6	14.8	36.5	19.7	16.9
Females:									
6-11.....	5.2	99.4	79.4	22.0	50.8	17.8	65.5	50.5	28.8
12-19.....	7.8	95.9	75.4	18.7	40.4	15.7	43.4	28.6	23.1
20-29.....	9.3	93.0	73.0	16.5	29.9	15.3	31.9	16.4	22.0
30-39.....	8.0	93.4	73.0	17.2	33.2	14.4	30.2	14.1	19.0
40-49.....	6.1	94.2	75.8	17.7	32.8	15.0	29.5	13.1	16.7
50-59.....	6.6	95.7	78.5	16.1	34.6	14.6	36.3	18.7	14.0
60-69.....	5.0	97.0	80.9	16.4	36.4	15.5	44.2	26.1	12.0
70 and over.....	3.8	98.6	83.4	16.7	38.3	15.8	53.7	30.9	10.6
20 and over.....	38.8	94.8	76.4	16.8	33.5	15.0	35.6	18.4	16.8
All Individuals.....	100.0	96.4	77.9	18.7	38.7	15.3	43.7	26.3	19.8

Appendix Table A1.6-1.--Eggs; Legumes; Nuts and Seeds; Fats and Oils; Sugars and Sweets: Mean Intakes per Individual in a Day, by Sex and Age, 1 Day, 1977-78

Sex and Age (Years)	Percent	Eggs	Legumes	Nuts and Seeds	Fats and Oils			Sugars and Sweets		
	of				Total	Table	Salad	Total	Sugars	Candy
	Population:				Fats	Dressings				
Males and Females:										
Under 1.....	1.1	5	66	*	*	*	*	4	*	0
1-2.....	2.8	21	18	3	5	3	1	16	2	3
3-5.....	4.6	21	16	5	7	4	3	23	3	3
5 and under.....	8.5	19	23	4	6	4	2	18	2	3
Males:										
6-11.....	5.0	19	22	7	10	6	4	30	3	5
12-19.....	7.5	28	28	7	13	8	5	31	5	5
20-29.....	6.8	35	22	5	16	7	8	21	6	3
30-39.....	5.3	42	27	4	19	8	9	22	6	2
40-49.....	4.3	38	28	3	17	9	8	26	8	2
50-59.....	4.6	39	28	3	18	9	8	23	6	2
60-69.....	3.6	36	23	3	16	9	6	29	6	2
70 and over.....	2.5	41	27	2	15	9	4	30	6	1/2
20 and over.....	27.2	38	26	4	17	8	7	24	6	2
Females:										
6-11.....	5.2	16	20	6	9	5	4	28	3	5
12-19.....	7.8	18	19	3	11	5	6	22	3	5
20-29.....	9.3	25	19	3	13	5	7	16	5	3
30-39.....	8.0	23	18	2	14	5	7	15	5	2
40-49.....	6.1	26	18	2	15	5	8	17	5	2
50-59.....	6.6	25	20	3	14	6	7	18	4	2
60-69.....	5.0	24	14	2	12	6	4	20	4	2
70 and over.....	3.8	20	15	1	12	6	4	20	4	1
20 and over.....	38.8	24	18	2	13	6	6	17	5	2
All Individuals.....	100.0	27	22	4	13	6	6	22	5	3

1/ Coefficient of variation at least 25% but less than 50%(see appendix D).

\* Value less than .5 but greater than 0.

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1977-78.

Appendix Table A1.6-2.--Eggs; Legumes; Nuts and Seeds; Fats and Oils; Sugars and Sweets: Percentages of Individuals Using at Least Once, by Sex and Age, 1 Day, 1977-78

Sex and Age (Years)	Percent	Eggs	Legumes	Nuts and Seeds	Fats and Oils			Sugars and Sweets		
	of				Total	Table	Salad	Total	Sugars	Candy
	Population				Fats	Dressings				
<hr/>										
	<u>Percent</u>					<u>Percent</u>				
<hr/>										
Males and Females:										
Under 1.....	1.1	11.8	11.2	0.9	7.9	7.6	0.7	13.0	6.6	0.0
1-2.....	2.8	35.2	12.6	12.2	47.9	41.5	10.3	48.7	24.9	8.8
3-5.....	4.6	30.6	13.3	18.5	53.0	43.0	17.7	54.9	27.0	9.4
5 and under.....	8.5	29.6	12.8	14.2	45.4	37.9	13.0	47.3	23.6	8.0
Males:										
6-11.....	5.0	23.4	13.7	17.7	55.2	43.4	20.6	55.7	28.8	9.3
12-19.....	7.5	27.8	12.2	13.0	54.3	41.9	21.3	52.9	31.8	8.2
20-29.....	6.8	32.0	9.9	10.1	57.1	40.0	27.0	49.2	34.0	4.9
30-39.....	5.3	39.4	12.8	8.0	64.4	47.3	31.1	53.7	39.8	3.9
40-49.....	4.3	38.6	12.0	7.1	63.0	49.3	27.1	59.5	45.7	4.0
50-59.....	4.6	40.7	12.0	8.0	67.0	51.9	30.7	63.4	46.4	4.0
60-69.....	3.6	43.8	11.4	7.9	69.2	56.1	25.1	61.7	45.7	3.7
70 and over.....	2.5	48.9	13.2	6.7	65.2	56.7	15.0	66.7	48.7	3.3
20 and over.....	27.2	39.1	11.7	8.3	63.5	48.6	27.1	57.4	42.0	4.1
Females:										
6-11.....	5.2	21.7	13.1	16.5	53.7	41.1	21.8	55.7	29.6	11.1
12-19.....	7.8	22.6	11.0	9.0	53.0	38.3	24.2	46.6	27.0	9.0
20-29.....	9.3	27.8	11.4	7.8	59.4	40.7	28.6	49.1	35.5	5.6
30-39.....	8.0	28.8	10.7	7.1	61.6	41.7	30.8	52.4	40.1	4.7
40-49.....	6.1	34.0	10.9	6.1	64.3	45.2	31.3	52.3	40.6	4.1
50-59.....	6.6	32.4	11.8	7.8	67.1	48.8	28.8	52.5	36.0	5.2
60-69.....	5.0	33.2	8.6	7.7	64.2	49.9	22.1	57.5	41.2	3.6
70 and over.....	3.8	31.8	8.8	5.7	65.9	53.6	21.0	59.6	40.4	2.9
20 and over.....	38.8	30.9	10.6	7.2	63.2	45.4	27.9	53.0	38.5	4.6
All Individuals.....	100.0	31.3	11.5	9.7	59.4	44.5	25.0	53.5	35.9	5.9

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1977-78.

Appendix Table A1.7-1.--Beverages: Mean Intakes per Individual in a Day, by Sex and Age, 1 Day, 1977-78

Sex and Age (Years)	Percent of Population	Total	Alcoholic					Nonalcoholic							
			Total	Wine	Beer and Ale	Total	Coffee Tea	Fruit Drinks and Aides	Carbonated Soft Drinks	Total	Regular	Low- Calorie	Total	Regular	Low- Calorie
Males and Females:															
Under 1.....	1.1	22	0	0	0	22	0	1/4	14	9	2/4	1/4	4	0	
1-2.....	2.8	152	*	*	*	152	1/1	26	76	72	1/4	49	47	1/2	
3-5.....	4.6	216	*	*	*	215	1/1	38	95	88	1/6	82	76	1/4	
5 and under.....	8.5	170	*	*	*	169	1/1	30	78	73	5	61	57	1/3	
Males:															
6-11.....	5.0	263	*	*	0	263	3	49	98	93	5	112	105	1/4	
12-19.....	7.5	461	1/17	1	1/15	444	33	97	97	93	1/4	217	206	6	
20-29.....	6.8	886	196	9	180	691	218	141	64	58	1/6	268	248	15	
30-39.....	5.3	986	161	1/13	138	825	440	140	43	40	2/2	202	178	18	
40-49.....	4.3	1,007	158	11	134	849	520	167	29	28	2/1	134	110	21	
50-59.....	4.6	917	101	5	84	816	565	146	15	14	2/1	90	76	13	
60-69.....	3.6	770	1/86	4	1/77	684	473	137	19	18	2/2	54	43	1/8	
70 and over.....	2.5	629	46	1/5	1/36	583	428	107	1/15	1/14	2/1	35	28	1/5	
20 and over.....	27.2	890	138	9	121	762	421	142	35	33	2	154	136	15	
Females:															
6-11.....	5.2	250	*	*	0	250	1/3	50	91	87	4	105	101	4	
12-19.....	7.8	415	1/7	1/1	1/6	408	40	89	72	69	1/3	207	183	23	
20-29.....	9.3	650	36	7	23	614	191	149	51	49	1/2	224	178	43	
30-39.....	8.0	814	44	11	27	770	393	168	28	27	1/1	181	129	50	
40-49.....	6.1	850	37	9	23	813	483	164	26	26	*	140	95	42	
50-59.....	6.6	779	31	7	18	748	497	155	17	17	1/1	79	53	25	
60-69.....	5.0	667	14	1/2	1/9	653	422	151	23	22	*	58	41	16	
70 and over.....	3.8	547	1/11	4	1/5	536	353	137	14	13	2/1	33	25	1/8	
20 and over.....	38.8	729	32	7	19	698	376	155	29	28	1/1	137	101	34	
All Individuals.....	100.0	633	52	5	42	581	267	121	50	48	2	144	121	20	

1/ Coefficient of variation at least 25% but less than 50%(see appendix D).  
2/ Coefficient of variation greater than or equal to 50%(see appendix D).  
\* Value less than .5 but greater than 0.  
NOTE: See "Table Notes."  
SOURCE: USDA Nationwide Food Consumption Survey, 1977-78.

Appendix Table A1.7-2.--Beverages: Percentages of Individuals Using at Least Once, by Sex and Age, 1 Day, 1977-78

Sex and Age (Years)	Percent of Population	Total	Alcoholic					Nonalcoholic						
			Total	Wine	Beer and Ale	Total	Coffee	Tea	Fruit Drinks and Aides			Carbonated Soft Drinks		
									Total	Regular	Low- Calorie	Total	Regular	Low- Calorie
Percent			-----Percent-----											
Males and Females:														
Under 1.....	1.1	11.1	0.0	0.0	0.0	11.1	0.0	2.8	6.3	4.8	1.5	2.8	2.8	0.0
1-2.....	2.8	52.1	.3	.2	.2	52.1	.7	11.6	28.9	27.6	1.6	22.2	21.0	1.0
3-5.....	4.6	61.2	.3	.1	.1	61.2	.4	13.2	30.3	28.7	1.9	29.0	27.0	1.9
5 and under.....	8.5	51.7	.3	.1	.1	51.7	.5	11.3	26.7	25.2	1.8	23.3	21.9	1.4
Males:														
6-11.....	5.0	62.1	.4	.4	.0	62.0	1.4	14.9	27.1	25.9	1.3	30.9	28.7	1.3
12-19.....	7.5	71.5	1.8	.4	1.5	71.0	9.9	20.4	20.2	19.7	.7	43.3	41.3	1.7
20-29.....	6.8	88.1	20.1	3.0	15.5	84.1	39.1	25.5	12.7	11.9	.8	48.2	44.8	3.1
30-39.....	5.3	92.9	22.7	4.1	16.2	90.9	66.2	27.7	9.3	9.0	.3	40.9	36.7	3.9
40-49.....	4.3	94.3	22.1	5.2	14.5	93.1	77.2	30.5	7.7	7.6	.1	29.9	24.6	5.0
50-59.....	4.6	95.5	18.0	3.3	10.8	94.6	82.8	30.1	4.0	3.6	.3	22.3	18.2	3.7
60-69.....	3.6	92.8	15.0	2.6	8.9	92.1	81.9	29.4	5.5	5.4	.2	13.4	11.2	1.7
70 and over.....	2.5	92.0	10.3	2.6	5.0	91.4	83.8	26.6	4.7	4.4	.3	10.0	8.3	1.4
20 and over.....	27.2	92.3	19.0	3.5	12.8	90.4	67.7	28.1	8.1	7.7	.4	31.3	27.7	3.3
Females:														
6-11.....	5.2	60.1	.1	*	.0	60.1	1.5	15.9	26.7	25.3	1.3	30.3	28.7	1.6
12-19.....	7.8	72.8	1.6	.5	.8	72.4	10.6	21.4	19.1	18.3	.7	45.5	40.5	5.7
20-29.....	9.3	87.4	10.0	3.5	3.8	86.1	38.7	31.6	14.1	13.5	.5	46.8	38.4	9.3
30-39.....	8.0	93.0	11.3	4.8	4.0	92.5	63.5	34.8	9.3	9.0	.3	42.5	32.0	11.1
40-49.....	6.1	95.4	12.2	4.6	3.6	94.3	76.8	34.7	8.1	7.9	.1	32.4	24.1	8.8
50-59.....	6.6	94.9	10.5	3.8	3.2	94.4	82.1	34.5	5.5	5.2	.3	22.9	15.1	7.7
60-69.....	5.0	94.6	6.6	1.6	1.9	94.3	82.4	37.8	6.1	5.9	.1	16.9	12.0	5.0
70 and over.....	3.8	92.8	4.5	2.5	.9	92.7	80.7	35.9	5.1	4.9	.2	10.4	8.3	2.1
20 and over.....	38.8	92.6	9.7	3.6	3.2	91.8	66.9	34.5	8.8	8.5	.3	32.2	24.5	8.1
All Individuals.....	100.0	82.7	9.2	2.5	4.9	81.8	46.1	26.7	13.6	13.0	.6	32.9	28.1	4.9

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1977-78.



Appendix Table A4.1.--Nutrient Intakes: Mean per Individual in a Day, by Sex and Age, 1 Day, 1977-78

Sex and Age (Years)	Percent of Population	Food Energy	Protein	Total Fat	Saturated Fatty Acids	Monounsaturated Fatty Acids	Polyunsaturated Fatty Acids	Cholesterol
		Kilocalories			Grams			Milligrams
Males and Females:								
Under 1.....	1.1	802	29.4	32.5	-	-	-	-
1-2.....	2.8	1,196	48.4	50.4	-	-	-	-
3-5.....	4.6	1,454	56.4	61.7	-	-	-	-
5 and under.....	8.5	1,284	50.2	54.2	-	-	-	-
Males:								
Under 1.....	.6	820	30.3	33.2	-	-	-	-
1-2.....	1.4	1,217	48.9	50.5	-	-	-	-
3-5.....	2.4	1,500	58.3	63.6	-	-	-	-
6-11.....	5.0	1,950	75.6	84.7	-	-	-	-
12-19.....	7.5	2,523	99.8	113.7	-	-	-	-
20-29.....	6.8	2,501	101.5	114.9	-	-	-	-
30-39.....	5.3	2,382	96.4	112.3	-	-	-	-
40-49.....	4.3	2,341	95.5	111.5	-	-	-	-
50-59.....	4.6	2,240	93.0	106.8	-	-	-	-
60-69.....	3.6	2,041	84.2	96.3	-	-	-	-
70 and over.....	2.5	1,875	76.1	86.4	-	-	-	-
80 and over.....	.6	1,718	70.2	79.4	-	-	-	-
20 and over.....	27.2	2,289	93.4	107.3	-	-	-	-
Females:								
Under 1.....	.6	783	28.4	31.9	-	-	-	-
1-2.....	1.3	1,173	47.9	50.3	-	-	-	-
3-5.....	2.2	1,402	54.1	59.5	-	-	-	-
6-11.....	5.2	1,806	69.3	77.8	-	-	-	-
12-19.....	7.8	1,797	70.6	80.0	-	-	-	-
20-29.....	9.3	1,634	66.9	75.0	-	-	-	-
30-39.....	8.0	1,571	65.2	72.8	-	-	-	-
40-49.....	6.1	1,562	65.9	74.1	-	-	-	-
50-59.....	6.6	1,548	65.9	72.3	-	-	-	-
60-69.....	5.0	1,475	62.0	66.6	-	-	-	-
70 and over.....	3.8	1,386	57.3	60.3	-	-	-	-
80 and over.....	1.1	1,375	54.5	58.9	-	-	-	-
20 and over.....	38.8	1,550	64.6	71.5	-	-	-	-
All Individuals.....	100.0	1,854	75.1	84.6	-	-	-	-

- Data not available.

NOTE: See "Table Notes."

SOURCE: Nationwide Food Consumption Survey, 1977-78.

Appendix Table A4.1.--Nutrient Intakes: Mean per Individual in a Day, by Sex and Age, 1 Day, 1977-78--continued

Sex and Age (Years)	: Carbohydrate	: Dietary	: Vitamin A	: Vitamin A	: Carotenes	: Vitamin E	: Vitamin C	: Thiamin
	: Fiber							
	Grams	Units	Micrograms Retinol Equivalents	Micrograms Retinol Equivalents	Milligrams Alpha-Tocopherol Equivalents	Milligrams Alpha-Tocopherol Equivalents	Milligrams	Milligrams
Males and Females:								
Under 1.....	91.4	-	4,413	-	-	-	78	0.89
1-2.....	139.7	-	3,511	-	-	-	66	.89
3-5.....	171.9	-	3,958	-	-	-	71	1.10
5 and under.....	150.8	-	3,872	-	-	-	71	1.00
Males:								
Under 1.....	94.3	-	4,622	-	-	-	79	.91
1-2.....	144.3	-	3,727	-	-	-	68	.92
3-5.....	177.1	-	3,827	-	-	-	72	1.14
6-11.....	226.2	-	5,056	-	-	-	87	1.46
12-19.....	279.0	-	6,018	-	-	-	97	1.76
20-29.....	252.3	-	5,823	-	-	-	89	1.57
30-39.....	233.1	-	5,799	-	-	-	84	1.52
40-49.....	225.2	-	6,578	-	-	-	86	1.51
50-59.....	217.9	-	6,953	-	-	-	95	1.50
60-69.....	205.1	-	6,889	-	-	-	90	1.43
70 and over.....	198.5	-	6,441	-	-	-	89	1.39
80 and over.....	182.3	-	5,608	-	-	-	78	1.27
20 and over.....	227.2	-	6,328	-	-	-	89	1.50
Females:								
Under 1.....	88.5	-	4,205	-	-	-	78	.86
1-2.....	134.9	-	3,279	-	-	-	64	.86
3-5.....	165.9	-	4,108	-	-	-	71	1.05
6-11.....	211.9	-	4,822	-	-	-	86	1.32
12-19.....	202.0	-	4,410	-	-	-	78	1.23
20-29.....	170.3	-	4,462	-	-	-	74	1.05
30-39.....	159.9	-	4,836	-	-	-	73	1.03
40-49.....	154.3	-	5,090	-	-	-	78	1.01
50-59.....	156.4	-	5,990	-	-	-	86	1.04
60-69.....	158.2	-	6,722	-	-	-	92	1.04
70 and over.....	155.6	-	5,942	-	-	-	85	1.03
80 and over.....	159.3	-	5,108	-	-	-	74	1.02
20 and over.....	160.3	-	5,333	-	-	-	80	1.03
All Individuals.....	195.8	-	5,418	-	-	-	83	1.26

- Data not available.

NOTE: See "Table Notes."

SOURCE: Nationwide Food Consumption Survey, 1977-78.

Appendix Table A4.1.--Nutrient Intakes: Mean per Individual in a Day, by Sex and Age, 1 Day, 1977-78  
 --continued

Sex and Age (Years)	: : Riboflavin :	: : Niacin :	: : Vitamin B-6 :	: : Folate :	: : Vitamin B-12 :	: : Calcium :	: : Phosphorus :
	-----Milligrams-----		-----Micrograms-----			-----Milligrams-----	
Males and Females:							
Under 1.....	1.53	9.0	0.64	-	2.46	760	652
1-2.....	1.48	10.3	1.00	-	3.92	755	889
3-5.....	1.64	13.5	1.20	-	4.63	759	976
5 and under.....	1.57	11.8	1.07	-	4.11	758	905
Males:							
Under 1.....	1.58	9.1	.66	-	2.50	787	675
1-2.....	1.51	10.6	1.04	-	4.18	766	903
3-5.....	1.67	13.9	1.23	-	4.26	783	1,007
6-11.....	2.11	18.4	1.59	-	5.88	967	1,278
12-19.....	2.51	23.3	1.93	-	7.50	1,145	1,608
20-29.....	2.13	24.6	1.88	-	7.89	909	1,534
30-39.....	1.93	23.6	1.77	-	6.40	819	1,441
40-49.....	1.92	23.8	1.81	-	7.96	749	1,385
50-59.....	1.92	23.5	1.84	-	8.11	757	1,358
60-69.....	1.86	21.6	1.72	-	6.98	708	1,259
70 and over.....	1.77	19.4	1.65	-	5.90	708	1,178
80 and over.....	1.60	17.2	1.44	-	5.46	662	1,075
20 and over.....	1.95	23.2	1.80	-	7.34	795	1,393
Females:							
Under 1.....	1.48	8.9	.63	-	2.43	733	629
1-2.....	1.44	10.0	.96	-	3.64	744	874
3-5.....	1.60	13.0	1.17	-	5.04	732	941
6-11.....	1.93	16.7	1.47	-	5.36	906	1,184
12-19.....	1.72	16.7	1.38	-	5.34	784	1,127
20-29.....	1.39	15.7	1.23	-	4.65	628	1,010
30-39.....	1.34	16.1	1.22	-	5.22	567	976
40-49.....	1.30	16.4	1.21	-	4.93	532	949
50-59.....	1.40	17.0	1.32	-	5.92	555	965
60-69.....	1.40	16.0	1.33	-	5.80	555	932
70 and over.....	1.35	14.8	1.29	-	4.44	555	890
80 and over.....	1.35	14.1	1.23	-	4.22	568	870
20 and over.....	1.36	16.1	1.26	-	5.16	571	964
All Individuals.....	1.72	18.4	1.48	-	5.90	745	1,164

- Data not available.  
 NOTE: See "Table Notes."  
 SOURCE: Nationwide Food Consumption Survey, 1977-78.

Appendix Table A4.1.--Nutrient Intakes: Mean per Individual in a Day, by Sex and Age, 1 Day,  
1977-78--continued

Sex and Age (Years)	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
-----Milligrams-----						
Males and Females:						
Under 1.....	125	14.0	-	-	-	-
1-2.....	162	7.4	-	-	-	-
3-5.....	185	8.7	-	-	-	-
5 and under.....	170	9.0	-	-	-	-
Males:						
Under 1.....	130	14.5	-	-	-	-
1-2.....	166	7.8	-	-	-	-
3-5.....	192	8.9	-	-	-	-
6-11.....	244	11.6	-	-	-	-
12-19.....	301	14.5	-	-	-	-
20-29.....	295	14.3	-	-	-	-
30-39.....	285	13.9	-	-	-	-
40-49.....	284	14.1	-	-	-	-
50-59.....	286	14.0	-	-	-	-
60-69.....	267	13.2	-	-	-	-
70 and over.....	255	12.7	-	-	-	-
80 and over.....	228	12.0	-	-	-	-
20 and over.....	282	13.8	-	-	-	-
Females:						
Under 1.....	120	13.4	-	-	-	-
1-2.....	159	7.1	-	-	-	-
3-5.....	178	8.4	-	-	-	-
6-11.....	230	10.7	-	-	-	-
12-19.....	213	10.3	-	-	-	-
20-29.....	198	9.5	-	-	-	-
30-39.....	203	9.7	-	-	-	-
40-49.....	202	9.6	-	-	-	-
50-59.....	215	10.2	-	-	-	-
60-69.....	209	9.8	-	-	-	-
70 and over.....	201	9.5	-	-	-	-
80 and over.....	192	9.3	-	-	-	-
20 and over.....	204	9.7	-	-	-	-
All Individuals.....	234	11.3	-	-	-	-

- Data not available.

NOTE: See "Table Notes."

SOURCE: Nationwide Food Consumption Survey, 1977-78.

Appendix Table A5.1.--Food Energy from Protein, Total Fat, Fatty Acids, and Carbohydrate: Mean Percentages per Individual in a Day, by Sex and Age, 1 Day, 1977-78

Sex and Age (Years)	Percent of Population	Protein	Total Fat	Saturated Fatty Acids	Monounsaturated Fatty Acids	Polyunsaturated Fatty Acids	Carbohydrate
Percent	Percent						
Males and Females:							
Under 1.....	1.1	14.3	36.6	-	-	-	45.0
1-2.....	2.8	16.4	37.5	-	-	-	47.0
3-5.....	4.6	15.6	37.4	-	-	-	47.9
5 and under.....	8.5	15.7	37.3	-	-	-	47.2
Males:							
Under 1.....	.6	14.5	36.5	-	-	-	45.5
1-2.....	1.4	16.3	36.9	-	-	-	47.7
3-5.....	2.4	15.7	37.4	-	-	-	47.9
6-11.....	5.0	15.7	38.5	-	-	-	46.8
12-19.....	7.5	16.1	39.9	-	-	-	44.6
20-29.....	6.8	16.5	40.6	-	-	-	41.2
30-39.....	5.3	16.5	41.8	-	-	-	39.6
40-49.....	4.3	16.7	42.0	-	-	-	39.2
50-59.....	4.6	17.0	42.1	-	-	-	39.6
60-69.....	3.6	16.9	41.6	-	-	-	40.7
70 and over.....	2.5	16.6	40.8	-	-	-	42.8
80 and over.....	.6	16.7	40.9	-	-	-	42.9
20 and over.....	27.2	16.7	41.5	-	-	-	40.4
Females:							
Under 1.....	.6	14.2	36.7	-	-	-	44.5
1-2.....	1.3	16.5	38.1	-	-	-	46.3
3-5.....	2.2	15.6	37.4	-	-	-	47.9
6-11.....	5.2	15.5	38.2	-	-	-	47.4
12-19.....	7.8	16.0	39.3	-	-	-	45.4
20-29.....	9.3	16.7	40.5	-	-	-	42.2
30-39.....	8.0	17.0	40.9	-	-	-	41.2
40-49.....	6.1	17.3	41.7	-	-	-	40.1
50-59.....	6.6	17.3	41.0	-	-	-	41.2
60-69.....	5.0	17.1	39.6	-	-	-	43.6
70 and over.....	3.8	16.7	38.5	-	-	-	45.5
80 and over.....	1.1	16.0	38.1	-	-	-	46.6
20 and over.....	38.8	17.0	40.5	-	-	-	42.0
All Individuals.....	100.0	16.5	40.1	-	-	-	43.0

- Data not available.

NOTE: See "Table Notes."

SOURCE: Nationwide Food Consumption Survey, 1977-78.

## Appendix B: Breakdown of Meat Mixtures and Grain Mixtures into 22 Food Groups

Many foods are mixtures of two or more ingredients. For example, tuna casserole is a mixture of tuna, noodles, milk, and other ingredients. Food mixtures reported in the NFCS as a single item are usually coded as a single item and tabulated under the food group of the major ingredient. Tuna is considered to be the major ingredient of tuna casserole, so the casserole is tabulated under the food group "total meat, poultry, and fish" and under the subgroup "mixtures mainly meat, poultry, or fish" (meat mixtures).<sup>1</sup> Thus, the secondary ingredients in the casserole (for example, noodles and milk) are included in the meat, poultry, and fish table rather than in the tables where they would appear if each ingredient had been reported and coded separately.

The Human Nutrition Information Service has developed a Food Grouping System for breaking down mixtures into their component parts. The Food Grouping System breaks down mixtures using information from the Recipe File for Release 4 of the USDA Nutrient Data Base for Individual Food Intake Surveys (30) plus additional files on items which are listed in the Recipe File as ingredients but are mixtures themselves (for example, soups). For this analysis, foods classified as meat mixtures and grain mixtures in tables in the main body of this report were broken down, and their ingredients were reclassified into the 22 food groups and subgroups described in the table notes in this appendix. Food mixtures other than meat mixtures and grain mixtures were not broken down.

Meat mixtures and grain mixtures were broken down to a level of detail comparable to foods included in the other food subgroups in tables 1.1-1 through 1.6-1. For example, breads that were part of sandwiches were separated from the mixture as bread, not as flour, water, and leavening. Fried chicken eaten as part of a frozen plate meal classified as a meat mixture is not broken down into the ingredients chicken, shortening, and batter because the poultry subgroup includes batter-dipped fried chicken. For this reason, the food groups in this appendix still include some combined foods as well as discrete food items.

The examples below illustrate adjustments that can be made using ingredient data from meat mixtures and grain mixtures. Both examples use data from the "All Individuals" row of the tables in the main body of this report as well as in this appendix. The adjusted intake of meat, poultry, and fish is 26 percent less than

the unadjusted intake. On the other hand, the adjusted intake of vegetables is 13 percent higher than the unadjusted intake.

### Example 1: Adjusted intake of meat, poultry, and fish

Total meat, poultry, and fish (table 1.1-1) (includes mixtures mainly meat, poultry, and fish) .....	193 grams
Mixtures mainly meat, poultry, and fish (table 1.1-1) .....	- 86 grams
Total meat, poultry, and fish ingredients from:	
—meat mixtures (table B1) .....	+ 29 grams
—grain mixtures (table B2) .....	<u>+ 6 grams</u>
Adjusted total meat, poultry, and fish .....	142 grams

### Example 2: Adjusted intake of vegetables

Total vegetables (table 1.3-1) .....	324 grams
Total vegetable ingredients from:	
—meat mixtures (table B1) .....	+ 23 grams
—grain mixtures (table B2) .....	<u>+ 18 grams</u>
Adjusted total vegetables .....	365 grams

Adjusted totals in both the above examples still include foods other than those indicated by the group name. For example, the adjusted total meat, poultry, fish intake still includes breading and fat from fried cuts or parts and adjusted total vegetable intake includes sauce from creamed vegetable dishes. Also, the adjusted amounts may exclude small amounts of meat or vegetables that are components in mixtures not broken down for this analysis, for example, potato salad with bacon or tomatoes in a grilled cheese sandwich.

<sup>1</sup> See Table Notes for a list of which foods are classified in specific food groups and subgroups.



Four food groups--meat, poultry, and fish; vegetables; grain products; and milk and milk products--and water account for most of the weight of mixtures (tables B1 and B2). As shown below, meat, poultry, and fish ingredients accounted for 34 percent of the weight of meat mixtures, and grain products provided 31 percent of the weight of grain mixtures. However, more than half the weight of each of the mixtures subgroups was from other food groups and 12 to 17 percent was from water.

Ingredient	Meat mixtures		Grain mixtures	
	Amount	Proportion	Amount	Proportion
	Grams	Percent	Grams	Percent
Meat, poultry, and fish	29	34	6	8
Vegetables	23	27	18	25
Grain products	13	15	22	31
Milk and milk products	6	7	9	12
Water	10	12	12	17

#### Notes on Mixture Tables B1 and B2

Data in these tables represent the total intakes of meat mixtures and grain mixtures broken down into their ingredients. Ingredients were classified into 8 major food groups (for example, vegetables) and 13 subgroups (for example, tomatoes).

In general, the foods included in the food groups and subgroups in tables B1 and B2 were the same as those included in the food groups and subgroups with identical names in tables in the main body of this report (see Table Notes). Two exceptions exist. By definition, in tables B1 and B2, "mixtures mainly meat, poultry, fish" is not a subgroup of "total meat, poultry, fish;" and "mixtures mainly grain" is not a subgroup of "total grain products." One major food group (legumes, nuts, and seeds) and one subgroup (lamb, veal, game, and organ meats) that

appear in tables B1 and B2 were each formed by collapsing two groups that appear in the main body of this report. The grain products subgroups "pasta" and "rice" which appear only in tables B1 and B2 are subsets of the subgroup "cereals and pastas" which appears in tables in the main body of this report. Pasta includes macaroni, noodles, and spaghetti. Rice includes brown, white, and wild rice.

Water used as an ingredient in meat mixtures and grain mixtures has also been tabulated. Beverages (such as wine), sugars, seasonings, and leavening agents which are other ingredients in mixtures are not included in these tables but collectively accounted for 1 gram or less of the mean intakes of meat mixtures and of grain mixtures for all individuals.



Appendix Table B1.--Breakdown of Mixtures Mainly Meat, Poultry, or Fish into 22 Food Groups: Mean Intakes per Individual in a Day, by Sex and Age, 1 Day, 1987-88

Sex and Age (Years)	Percentage	Mixtures	Meat, Poultry, Fish								Eggs	Legumes,
	of	Mainly Meat,								Nuts,		
	Population	Poultry,								Seeds		
		Fish	Total	Beef	Pork	Lamb,	Frankfurters,		Fish and			
						Veal,	Sausages,					
						Game,	Luncheon	Poultry	Shellfish			
						Organ	Meats					
						Meats						
<hr/>												
	<u>Percent</u>	<u>Grams</u>										
<hr/>												
Males and Females:												
Under 1.....	1.1	19	1/3	1/1	*	0	0	1/1	0	*	*	
1-2.....	2.9	42	14	8	2/1	*	1/1	1/3	2/2	*	*	
3-5.....	4.6	42	16	12	*	*	1/1	2	2/1	*	*	
5 and under...	8.7	39	13	9	*	*	1	2	1/1	*	*	
<hr/>												
Males:												
6-11.....	4.4	74	28	17	1/1	*	1/2	1/5	1/2	*	1/1	
12-19.....	5.7	142	47	36	2/1	0	3	5	3	*	3	
20-29.....	8.3	127	44	26	1/1	*	4	7	5	*	4	
30-39.....	8.2	113	40	23	1/3	*	1/1	9	3	1/1	1/3	
40-49.....	5.8	96	32	21	1/1	*	1/1	1/5	3	2/1	1/4	
50-59.....	4.1	104	35	22	1/4	0	*	3	1/4	1/1	2/2	
60-69.....	4.0	84	29	15	1/1	*	2/1	1/7	1/5	1/1	2	
70 and over.....	3.0	99	1/29	1/17	1	1/1	*	1/4	1/5	1	1/1	
20 and over...	33.4	108	37	22	2	*	2	6	4	1	3	
<hr/>												
Females:												
6-11.....	4.6	74	25	17	1/1	*	1/1	1/5	1/1	*	1/2	
12-19.....	6.1	80	26	18	2/2	*	1/2	1/3	1/1	1	1/4	
20-29.....	8.5	71	23	14	1/1	*	1/1	4	3	*	1/2	
30-39.....	8.6	83	26	13	1/3	*	1/1	4	4	1/1	1/2	
40-49.....	6.4	86	26	14	1/1	*	1/1	1/6	3	*	1/5	
50-59.....	4.3	66	23	12	1/1	2/1	2/1	1/6	1/3	*	2/2	
60-69.....	4.7	67	22	10	2/1	2/1	*	1/6	1/3	1/1	1/1	
70 and over.....	4.7	52	16	8	*	*	0	1/4	1/3	1/1	*	
20 and over...	37.1	73	23	12	1	*	1	5	3	*	2	
<hr/>												
All Individuals...	100.0	86	29	17	1	*	1	5	3	1	2	

1/ Coefficient of variation at least 25% but less than 50% (see appendix D).

2/ Coefficient of variation greater than or equal to 50% (see appendix D).

\* Value less than 0.5 but greater than 0.

Appendix Table B1.--Breakdown of Mixtures Mainly Meat, Poultry, or Fish into 22 Food Groups: Mean Intakes per Individual in a Day, by Sex and Age, 1 Day, 1987-88--continued

Sex and Age (Years)	Milk and Milk Products		Vegetables		Grain Products		Fats and Oils		Water	
	Fluid:		White		Yeast		Breads and Rolls			
	Total:	Milk:	Cheese:	Total:	Tomatoes:	Potatoes:	Total:	Pasta:	Rice:	
	:	:	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:	:	:
-----Grams-----										
Males and Females:										
Under 1.....	1/1	2/0	0	1/2	2/1	*	0	1/2	*	1/12
1-2.....	1/4	1/3	*	11	1/5	2/2	*	7	1/2	1/5
3-5.....	1/3	1/2	1/1	1/11	4	2/2	*	7	1/2	1/4
5 and under...	3	1/2	1/1	10	4	1/1	*	6	1/2	6
Males:										
6-11.....	1/4	1/3	1/1	20	7	2	*	13	2/2	5
12-19.....	1/11	2/6	5	35	14	1/3	*	32	2/2	1/11
20-29.....	7	1/2	4	33	14	1/4	*	23	1/2	1/12
30-39.....	8	1/4	1/3	28	10	1/2	*	18	1/3	1/12
40-49.....	6	1/5	1/2	26	1/13	1/3	2/1	15	1/3	1/9
50-59.....	1/4	1/3	1/2	29	1/11	1/5	*	11	1/1	1/18
60-69.....	1/6	5	1/1	21	6	1/2	*	9	2/2	1/12
70 and over....	1/3	1/3	*	1/32	2/13	1/4	*	8	1/1	1/21
20 and over...	7	4	2	29	12	3	*	16	2	13
Females:										
6-11.....	1/5	1/2	1/1	21	8	1/1	*	14	1/3	1/5
12-19.....	1/4	1/2	1/1	24	13	1/2	*	15	1/2	1/6
20-29.....	5	1/2	2	18	9	1/1	*	12	2	1/8
30-39.....	5	1/2	1/2	24	7	1/3	2/1	11	1/3	11
40-49.....	7	1/5	2	24	1/13	1/2	*	12	1/4	1/9
50-59.....	1/3	2/3	*	17	1/7	1/2	*	8	1/2	1/9
60-69.....	1/7	1/5	*	18	4	1/4	*	7	2/2	1/11
70 and over....	1/4	1/4	*	16	1/3	1/4	*	5	2/1	1/9
20 and over...	5	3	1	20	8	2	*	10	2	9
All Individuals...	6	3	2	23	9	3	*	13	2	10

1/ Coefficient of variation at least 25% but less than 50% (see appendix D).

2/ Coefficient of variation greater than or equal to 50% (see appendix D).

\* Value less than 0.5 but greater than 0.

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

Appendix Table B2.--Breakdown of Mixtures Mainly Grain into 22 Food Groups: Mean Intakes per Individual in a Day, by Sex and Age, 1 Day, 1987-88


\* Value less than .5 but greater than 0.

Appendix Table B2.--Breakdown of Mixtures Mainly Grain into 22 Food Groups: Mean Intakes per Individual in a Day, by Sex and Age, 1 Day, 1987-88--continued

Sex and Age (Years)	Milk and Milk Products		Vegetables		Fruits		Grain Products		Fats and Oils		Water	
	: Fluid:		: White:		: Total:		: Total:		: Yeast Breads and Rolls		:	
	: Milk:		: Tomatoes:		: Potatoes:		: Pasta:		: Rice:		:	
	: Cheese:		: Total:		: Total:		: Total:		: Total:		:	
	:		:		:		:		:		:	

-----Grams-----

Males and Females:													
Under 1.....	1.6	1	*	2	1	0	*	3	3	*	*	*	2
1-2.....	6.7	4	3	10	8	0	0	14	11	1	1	1	10
3-5.....	9.2	5	4	11	8	0	*	18	12	1	1	1	17
5 and under...	7.4	4	3	10	7	0	*	15	10	1	1	1	13
Males:													
6-11.....	8.7	3	6	20	14	0	*	21	10	3	*	2	20
12-19.....	11.7	4	8	25	20	0	*	25	16	1	1	1	8
20-29.....	15.2	5	9	29	20	0	*	32	19	1	1	2	11
30-39.....	11.0	4	7	29	21	*	0	32	19	4	1	3	14
40-49.....	11.8	6	6	22	15	*	0	27	17	4	1	2	15
50-59.....	5.2	2	3	16	10	*	0	15	7	4	*	1	6
60-69.....	8.0	5	3	13	7	*	0	15	9	3	1	1	9
70 and over....	4.2	2	2	9	7	0	0	13	9	3	*	1	8
20 and over...	10.5	4	6	22	15	*	*	26	15	3	1	2	11
Females:													
6-11.....	9.2	5	4	19	15	*	0	21	13	3	1	1	8
12-19.....	16.4	7	8	20	14	*	0	30	21	2	1	2	14
20-29.....	11.1	4	7	20	14	0	*	24	13	2	1	2	15
30-39.....	8.2	2	5	17	12	*	*	24	14	4	*	2	15
40-49.....	7.0	3	4	13	8	*	0	17	12	1	*	2	11
50-59.....	4.8	2	3	12	8	0	0	14	8	2	*	1	11
60-69.....	6.7	4	3	9	6	*	*	13	8	2	1	1	5
70 and over....	3.8	2	2	7	3	0	0	12	7	3	*	1	15
20 and over...	7.5	3	4	14	9	*	*	19	11	2	*	2	12
All Individuals...	9.4	4	5	18	13	*	*	22	13	2	1	2	12

\* Value less than .5 but greater than 0.

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.



## Appendix C: Data Collection, Processing, and Presentation

### Data Collection

To contact individuals in housing units selected as part of the sample, trained interviewers made a minimum of three personal visits plus up to eight telephone calls to each household having a telephone. To contact households without telephones, interviewers increased the number of personal visits, if necessary, to six (five in rural areas).

At each household, the interviewer conducted a screening interview to determine whether the household was eligible. In general, all households were eligible to participate in the survey. However, households with nine or more persons unrelated to the head of the household were considered group quarters and were not eligible. All individuals regularly living in the selected household (except roomers, boarders, and employees) were eligible to participate in the individual intake component of the survey; persons who were living away at school, in military barracks, or in institutions were excluded.

At eligible households, the interviewer asked to speak with the main meal planner/preparer--the person most responsible for planning or preparing meals. The interviewer provided this person with a letter of introduction, described the survey, and provided a receipt holder for keeping notes, grocery store receipts, package labels, recipes, and other reminders of foods used during a 7-day period. The interviewer then established a date and time at least 7 days later to return to conduct the household component of the survey, to obtain a 1-day dietary recall from each member of the household, and to leave a 2-day dietary record for each household member to complete.

At the time of the scheduled interview, the interviewer first administered the household component of the survey to the main meal planner/preparer using a microcomputer. The average length of the household interview was 100 minutes. After completing the household interview, the interviewer attempted to complete a 1-day recall for each household member individually using a paper questionnaire. The average length of the Day 1 individual intake interview was 23 minutes.

The time period for the 1-day recall was from midnight to 11:59 p.m. on the day preceding the interview. The interviewer started the recall procedure by asking about the first time something was eaten or drunk, then continued asking about each time anything was eaten or drunk during the day. The interviewer used a Food Instruction Booklet developed by National Analysts based on information provided

by HNIS as a guide to ask appropriate questions about each food. Standard questions were asked in an attempt to obtain complete descriptions of foods and beverages.

The format of the form used to record food intake was the same for the 1-day recall and the 2-day record. The data collected included:

- Detailed descriptions of all foods and beverages consumed;
- Quantities eaten;
- Time each eating occasion began;
- Name of each eating occasion;
- With whom the food was eaten;
- Source of the food (from the home food supply or obtained and eaten away from home);
- Place from which food was obtained; and
- Use of fat and salt in food preparation (asked only of the main meal planner/preparer).

The interviewers used standard household measuring cups and spoons and a ruler during the interview to help each individual estimate quantities of foods and beverages consumed. The quantity of each food and beverage ingested was reported in common household measures (cups, tablespoons, and teaspoons or fractions thereof), dimensions, numbers of units, or weights, as appropriate to the food item being quantified. Each household was provided with a set of cups, spoons, and ruler as well as the Food Instruction Booklet for use while keeping the 2-day record. The household kept the cups, spoons, and ruler at the completion of the survey.

Each eating occasion was identified by the time it began. Each individual was asked what each eating occasion was called and with whom it was shared. He or she was also asked whether the amount of a given day's intake of food and drink was usual for that day of the week.

The source of each food was determined through a series of questions. Sources included food eaten at home, brought into the home but later eaten away from home, or never brought into the home. Food from the first two sources was considered to be from the home food supply. For each item from the home food supply, each individual was asked whether the item was brought into the home from a fast-food/carryout place, from Meals on Wheels, or from some other place. For food never brought into the home (food obtained and eaten away from home), information was requested

about the place where the food was obtained (for example, restaurant, school, fast-food establishment, or someone else's home).

Only the main meal planner/preparer was asked to supply information about the use of fat and salt in the preparation of foods and beverages from the home food supply. If any fats or oils were used in preparing a specific item, the main meal planner/preparer was asked to specify the type but not the amount. Similarly, the main meal planner/preparer was asked whether or not salt was used in the preparation of each item from the home food supply, but not the amount of salt used.

Each household member was asked for some additional information during the Day 1 interview including the amount of water drunk on Day 1 and the usual 24-hour water intake; use of salt at the table; self-reported height and weight; whether the person was on a special diet and, if so, what kind; whether vitamin or mineral supplements were used and, if so, what kinds (but not quantities); health status and physical handicaps; level of physical activity during leisure time; and cigarette smoking.

After filling out the Day 1 questionnaire, the interviewer used the Day 2 questionnaire, the Food Instruction Booklet, and the measuring utensils to instruct each individual on how to keep a record of his or her food and beverage intake. Starting with the first time something was eaten or drunk on the day of the interview (Day 2), the interviewer helped each person record an adequate description and amount of each item consumed up until the time of the interview. Each individual completed the Day 2 record that day and the Day 3 record the following day. Each individual was asked for some additional information on the Day 3 record including the frequencies of use of calcium-containing foods during the past 3 months and the average amounts eaten, and for those 18 years and older, the frequencies of use of beer, wine, and hard liquor during the past 3 months and the average amounts drunk.

If a household member was absent at the time of the interview, the main meal planner/preparer was asked to report what that person ate. The recall form was left at the household to be reviewed and completed by the absent person if the main meal planner/preparer could not supply the information. The main meal planner/preparer was asked to report intake information for any children under age 12.

When 1-day recalls had been completed for as many household members as possible, the interviewer scheduled a return appointment in 2 to 4 days. The interviewer left a 2-day dietary intake record for each household member, and

informed the main meal-planner/preparer that \$2 per person would be paid for each completed 3-day recall-plus-record set (up to a total of \$20 per household).

During the return interview, the interviewer reviewed the 2-day records for completeness and, if necessary, obtained any information that had been omitted from the 1-day recalls. Monetary incentives were distributed at this time. If an absent household member was unable to complete records for the same 3 days of intake completed by other household members, he or she was asked to complete at least one 1-day record for any day prior to the interviewer's return appointment.

Eligible households were scheduled for interview in a manner designed to provide representation of intake data by day of the week. However, unequal numbers of interviews were obtained on different days of the week and in different calendar months. Weighting factors were applied as described in appendix D, "Sample Weights," to equalize interviews over days of the week and months of the year. The distribution of unweighted intake data by day of the week and month of the year for Day 1 for all individuals is as follows:

Day or month of reported intake	Acceptable dietary forms collected
	% (unweighted)
Day:	
Sunday .....	19.7
Monday .....	17.8
Tuesday .....	17.5
Wednesday .....	15.4
Thursday .....	13.3
Friday .....	11.8
Saturday .....	4.7
Month:	
April 1987 .....	1.5
May 1987 .....	7.6
June 1987 .....	5.2
July 1987 .....	1.6
August 1987 .....	3.2
September 1987 .....	7.2
October 1987 .....	6.6
November 1987 .....	3.2
December 1987 .....	5.8
January 1988 .....	8.8
February 1988 .....	8.4
March 1988 .....	11.8
April 1988 .....	9.5
May 1988 .....	9.4
June 1988 .....	7.4
July 1988 .....	2.4
August 1988 .....	.2

## Data Processing

Completed schedules were coded by the contractor using food codes, gram weight conversions, and coding guidelines provided by the Human Nutrition Information Service (HNIS) (22). Each food and beverage reported as ingested during the survey period was assigned a code number, and amounts of foods ingested were converted to weight in grams. Items that could not be coded by the contractor because of insufficient information or because they were new foods on the market were referred to HNIS for resolution. Items for which appropriate measures or weights could not be found were also referred to HNIS. New codes were created and weights determined by HNIS as needed.

The amount of each nutrient in each food eaten was calculated using the weight (in grams) of that food from the intake reports (recall and records) and the nutritive value of that food (per 100 grams) from a nutrient data base (30). The intake reports and the nutrient data base were linked by the food codes. Amounts of each nutrient in all foods eaten by an individual were summed to obtain the nutrient intake for the day.

The nutrient data base used to calculate nutrient intakes was developed by HNIS for use in this survey. The data base contains representative nutrient values for 100 grams of the edible portions of over 5,000 food items. The values for most items containing two or more ingredients were calculated from ingredient data using representative recipes (30). Responses to the questions asked of the main meal planner/preparer on use of salt and on the type of fat used in food preparation were translated into an assumed amount of salt or fat added to the recipe and were coded accordingly. These salt and fat codes were used only for the individual providing the information, not for other household members.

The nutrient data base developed for use with NFCS 1987-88 includes values for food energy and 29 nutrients and other dietary components.<sup>1</sup> The sources of these values are the USDA Nutrient Data Base for Standard Reference (31) and the USDA Nutrient Data Bank (32). Most of the values are supported by laboratory analyses. Nutrient values not available from laboratory analysis were imputed from data for

<sup>1</sup> Protein, total fat, carbohydrate, vitamin A (as micrograms retinol equivalents and as international units), ascorbic acid, thiamin, riboflavin, niacin, vitamin B<sub>6</sub>, vitamin B<sub>12</sub>, calcium, phosphorus, magnesium, iron, saturated fat, monounsaturated fat, polyunsaturated fat, cholesterol, dietary fiber, alcohol (ethanol), carotenes, vitamin E, folate, zinc, copper, sodium, potassium, and moisture (water). Although alcohol was used in the calculation of total energy, alcohol is not reported here, nor is moisture.



other forms of the food or from data for similar foods. Most of the components have a relatively strong research base. Data for some components, however, are less well founded.

Values for the beta-carotene content of foods have not been reported frequently, and existing reports are often not clear as to whether a value is explicitly for beta-carotene or whether it includes other provitamin A carotenoids. Values in the data base for carotene are those assigned by HNIS in arriving at the values for total vitamin A and should not be interpreted as representing solely beta-carotene. Only limited data are available for vitamin E and dietary fiber. Data for vitamin E (as alpha-tocopherol equivalents) are available mainly for basic staple or commodity food items. Values for dietary fiber generally represent either total dietary fiber by direct determination or the sum of insoluble fiber and soluble fiber in foods for which data exist.

Data were subjected to computer-assisted cleaning and editing. Reasonableness checks were performed. They included comparing NFCS 1987-88 data with the 2nd and 98th percentiles for individuals of the same age group and sex in the NFCS 1977-78 for—

- 1) reported heights and weights;
- 2) gram weight of the total intake of food;
- 3) intakes of food energy, protein, fat, carbohydrate, calcium, iron, and vitamin C.

Data that fell below the 2nd percentile or above the 98th percentile were checked against the original questionnaire and corrected if in error. Additionally, all nutrients and gram weight aggregates for food groups were checked against established cutoffs based on age and sex. Values above the cutoffs were reviewed and either validated or corrected by HNIS staff. Range and logic checks were performed. Also, numerous checks were performed in the household characteristics, including extreme income values.

## Data Presentation

Data tapes provided by the contractor were further processed by HNIS to generate the tables in this report. These tables were produced using Print Control Language (33) and Table Producing Language (34) developed by the Bureau of Labor Statistics, U.S. Department of Labor.

The data presented in the tables were calculated as follows:

Income levels—Tables presenting results by income level use household income for the previous calendar year expressed as a percentage of the Federal poverty thresholds adjusted for inflation (35, 36). Each household's income before taxes was expressed as a percentage of the poverty threshold for households of the appropriate size. Individuals were then grouped according to their household income as a percentage of the poverty threshold. The poverty thresholds, provided by the U.S. Bureau of the Census, are as follows:

	Number of persons in household	1986 poverty thresholds	1987 poverty thresholds
1 .....		\$ 5,572	\$ 5,778
2 .....		7,138	7,397
3 .....		8,737	9,056
4 .....		11,203	11,611
5 .....		13,259	13,737
6 .....		14,986	15,509
7 .....		17,049	17,649
8 .....		18,791	19,515
9 or more.....		22,497	23,105

Food intakes (tables 1.1-1 to 3.7-2)—The data on food intakes presented in the tables are weighted arithmetic means (averages) for the group of individuals identified in the stub. For each food group and subgroup identified in the column head, quantities reported for each individual at all eating occasions were totaled, and a group mean was calculated. If no food from a specific food group or subgroup was reported on the survey day, that individual's total was zero; the zero was included in the calculation of the group mean. The mean intakes in the tables, therefore, include intake values for both users and nonusers. Mean intakes per user can be calculated

by dividing the mean intake for a group of individuals by the percentage of individuals using food from that food group expressed as a decimal. For example, the mean intake per user of beef by men 20 years of age and older can be determined as follows:

$$\frac{44 \text{ grams beef (from table 1.1-1)}}{0.291 \text{ (29.1 percent from table 1.1-2)}} = 151 \text{ grams of beef per user}$$

Nutrient intakes (tables 4.1 to 4.4)—The weighted nutrient intakes by individuals presented in the tables do not include vitamin and mineral supplements. Although data were collected on the frequency and type of vitamin and mineral supplements used, amounts were not obtained. Also, the sodium intake does not include sodium from salt added at the table.

Food energy from protein, total fat, fatty acids, and carbohydrate (tables 5.1 to 5.4)—The weighted percentage contributions of protein, fat, fatty acids, and carbohydrate to food energy intake were calculated by multiplying each individual's intake of protein by 4 kilocalories per gram, fat and fatty acids by 9 kilocalories per gram, and carbohydrate by 4 kilocalories per gram; dividing those values by the individual's total food energy intake; converting to percentages; and then calculating group means with sample weights applied. The general factors 4, 9, and 4 give estimates for a typical mixed diet (23). Alcohol is also an energy source and was considered in determining total energy, but the percentage of food energy contributed by alcohol was not calculated.

Nutrient intakes as percentages of the 1989 RDA (table 6)—The weighted nutritive values of an individual's food intakes as percentages of the RDA were derived using the RDA for a person of the appropriate sex and age (24). Mean percentages for each age group were calculated. The RDA are listed in text table C.

Text Table C.--Recommended Dietary Allowances, 1989 (24)

Sex and age (years)	Food energy	Protein	Water-soluble vitamins						
			Vitamin C	Thiamin	Riboflavin	Niacin	Vitamin B <sub>6</sub>	Folate	Vitamin B <sub>12</sub>
			-----mg-----			mg(NE) <sup>1</sup>	mg	-----µg-----	
Males and females:									
0-5 (months) .....	650	13	30	0.3	0.4	5	0.3	25	0.3
6-11 (months) .....	850	14	35	.4	.5	6	.6	35	.5
1-3 .....	1,300	16	40	.7	.8	9	1.0	50	.7
4-6 .....	1,800	24	45	.9	1.1	12	1.1	75	1.0
7-10 .....	2,000	28	45	1.0	1.2	13	1.4	100	1.4
Males:									
11-14.....	2,500	45	50	1.3	1.5	17	1.7	150	2.0
15-18 .....	3,000	59	60	1.5	1.8	20	2.0	200	2.0
19-24 .....	2,900	58	60	1.5	1.7	19	2.0	200	2.0
25-50 .....	2,900	63	60	1.5	1.7	19	2.0	200	2.0
51+ .....	2,300	63	60	1.2	1.4	15	2.0	200	2.0
Females:									
11-14.....	2,200	46	50	1.1	1.3	15	1.4	150	2.0
15-18 .....	2,200	44	60	1.1	1.3	15	1.5	180	2.0
19-24 .....	2,200	46	60	1.1	1.3	15	1.6	180	2.0
25-50 .....	2,200	50	60	1.1	1.3	15	1.6	180	2.0
51+ .....	1,900	50	60	1.0	1.2	13	1.6	180	2.0
Pregnant:									
1st trimester.....	+0	60	70	1.5	1.6	17	2.2	400	2.2
2nd trimester.....	+300	60	70	1.5	1.6	17	2.2	400	2.2
3rd trimester .....	+300	60	70	1.5	1.6	17	2.2	400	2.2
Lactating:									
1st 6 months.....	+500	65	95	1.6	1.8	20	2.1	280	2.6
2nd 6 months.....	+500	62	90	1.6	1.7	20	2.1	260	2.6

<sup>1</sup> One NE (niacin equivalent) is equal to 1 mg of preformed niacin or 60 mg of dietary tryptophan.



Text Table C.--Recommended Dietary Allowances, 1989 (24)

Sex and age (years)	Fat-soluble vitamins			Minerals				
	Vitamin A		Vitamin E	Calcium	Phosphorus	Magnesium	Iron	Zinc
	RE	IU <sup>2</sup>	α-TE	-----mg-----				
Males and females:								
0-5 (months) .....	375	1,412	3	400	300	40	6	5
6-11 (months) .....	375	1,875	4	600	500	60	10	5
1-3 .....	400	2,000	6	800	800	80	10	10
4-6 .....	500	2,500	7	800	800	120	10	10
7-10 .....	700	3,500	7	800	800	170	10	10
Males:								
11-14.....	1,000	5,000	10	1,200	1,200	270	12	15
15-18 .....	1,000	5,000	10	1,200	1,200	400	12	15
19-24 .....	1,000	5,000	10	1,200	1,200	350	10	15
25-50 .....	1,000	5,000	10	800	800	350	10	15
51+ .....	1,000	5,000	10	800	800	350	10	15
Females:								
11-14.....	800	4,000	8	1,200	1,200	280	15	12
15-18 .....	800	4,000	8	1,200	1,200	300	15	12
19-24 .....	800	4,000	8	1,200	1,200	280	15	12
25-50 .....	800	4,000	8	800	800	280	15	12
51+ .....	800	4,000	8	800	800	280	10	12
Pregnant:								
1st trimester.....	800	4,000	10	1,200	1,200	320	30	15
2nd trimester .....	800	4,000	10	1,200	1,200	320	30	15
3rd trimester .....	800	4,000	10	1,200	1,200	320	30	15
Lactating:								
1st 6 months .....	1,300	6,500	12	1,200	1,200	355	15	19
2nd 6 months.....	1,200	6,000	11	1,200	1,200	340	15	16

<sup>2</sup> Vitamin A allowances were converted by HNIS from retinol equivalents to international units.

## Appendix D: Statistical Aspects of the Survey

### Sample Design

The NFCS 1987-88 was designed as a self-weighting, multistage, stratified area probability sample of households in the 48 conterminous States and Washington, D.C. The sampling frame was organized using estimates of the U.S. population in 1980, updated to reflect the 1987 population.

The 48 States were grouped into the nine census geographic divisions that make up the four census regions (see table below and glossary). Then, all land areas within the divisions were divided into three urbanization classifications: central city, suburban, and nonmetropolitan (see glossary). All cities and counties in the conterminous United States were thus classified into 27 superstrata.

The 27 superstrata were further subdivided into smaller geographic pieces. This process resulted in a total of 60 strata—17 central city, 28 suburban, and 15 nonmetropolitan—which reflect the geographic distribution, urbanization, and density of the population within the conterminous United States. The average size of a stratum was approximately 4,000,000 persons.

The distribution of the strata is shown below:

Census region and division	Central city	Suburban	Nonmetro- politan
----- <u>Number of strata</u> -----			
Northeast:			
New England .....	1	1	1
Middle Atlantic .....	3	5	1
Midwest:			
East North Central .....	3	6	2
West North Central .....	1	1	2
South:			
South Atlantic .....	2	5	3
East South Central .....	1	1	2
West South Central .....	2	3	2
West:			
Mountain .....	1	1	1
Pacific .....	3	5	1
Total .....	17	28	15

Smaller, relatively homogeneous units, called primary sampling units (PSU's) were formed by counties or combining counties in the nonmetropolitan strata, by cities or parts of cities in the central city strata, and by counties or the balance of counties having central cities in the suburban strata. Each PSU was selected with a probability proportional to its relative size in the stratum. Two PSU's were selected from each of the 60 strata. These two PSU's were selected with replacement; that is, the selection of one PSU did not preclude its selection as the second PSU. In fact, no PSU was selected twice, but one PSU drawn into the sample was lost due to nonresponse. Thus, the final number of PSU's represented by responding households in the sample was 119.

Each selected PSU was divided geographically along census boundaries into smaller clusters, known as area segments, each containing a minimum of 100 housing units. These segments usually consisted of one or more city blocks in urban areas and part of a Census Enumeration District elsewhere. A total of 1,000 area segments was drawn into the sample across all PSU's to maximize spread of interviewers in the PSU, create efficient interviewer workloads, and to target, on average, six interviewed households per area segment. The number of area segments to be selected in a PSU was determined by the function

$$n_i = k N_i / P_i$$

where

$n_i$  = number of segments to be sampled in the i-th PSU

$N_i$  = 1987 estimated population of the i-th PSU

$P_i$  = probability of selection of the i-th PSU

and

$$k = \frac{\text{number of segments in sample}}{\text{estimated U.S. population in 1987}}.$$

The 1,000 area segments were prelisted prior to NFCS 1987-88 to identify the existing housing units within the area boundaries. The prelisted number of housing units in the area as of 1987, together with estimates of occupancy and completion rates, served as the basis for determining the number of housing units to be selected for the sample from that area.

## Survey Nonresponse

**Response Rates**—The response rates for the 1987-88 Nationwide Food Consumption Survey (NFCS) were very low, approximately 38 percent at the household level and 31 percent at the individual level. This means that about three of every eight occupied households selected for interviewing were contacted and participated. Within these households, 81 percent of the eligible individuals provided at least one day of intake data. Individual participation results were as follows:

Housing units selected .....	13,733	
Occupied housing units .....	12,181	(89 percent of housing units selected)
Contacted households .....	9,935	(82 percent of occupied housing units)
Screened households .....	8,450	(69 percent of occupied housing units; 85 percent of contacted households)
Participating households .....	4,589	(38 percent of occupied housing units; 54 percent of screened households)
Individuals in partici- pating households .....	12,522	
Individuals completing Day 1 recall .....	10,172	(81 percent of individuals in participating households; estimated 31 percent of individuals in all occupied housing units)
Individuals completing 3 days recall/records .....	8,468	(83 percent of individuals completing Day 1 recall; 68 percent of individuals in participating households; estimated 25 percent of individuals in all occupied housing units.)

**Cautions Regarding Nonresponse Bias**—At USDA's request, an independent expert panel of statisticians was convened by the Life Sciences Research Office (LSRO) of the Federation of American Societies for Experimental Biology. The charge to this expert panel was to assess the impact of nonresponse in the NFCS. The panel concluded, and HNIS concurs, that it is not possible, based on the information available, to establish the presence or absence of nonresponse bias (20, 21), nor is it possible to determine objectively the extent to which nonresponse bias might influence interpretation of analyses using these data.

HNIS compared sociodemographic data from the NFCS 1987-88 with similar data from the March 1987 Current Population Survey (CPS) of the Bureau of the Census (21). This analysis showed that there were slight but statistically significant differences between the unweighted NFCS sample and the CPS distribution. The unweighted NFCS has—

- a larger proportion of individuals from low-income households and a smaller proportion from high-income households;
- a larger proportion of individuals from households with exactly two adults;
- a smaller proportion of women from households with working female heads;
- a smaller proportion of men from households with working male heads;
- a smaller proportion of men and women from households with a female head under 41 years of age and no children; and
- smaller proportions of participants 20 to 24 years of age and 15 to 19 years of age.

HNIS computed sample weights (see next section) to compensate for known differences between the NFCS sample and its target population. Nevertheless, the possibility of nonresponse bias cannot be ruled out. All surveys have strengths and weaknesses, and—while the weaknesses of the NFCS are potentially serious—this should not rule out use of the data. NFCS 1987-88 provides the only current data available on individual food consumption from a nationwide sample. The potential nonresponse bias introduces less distortion in estimates of current consumption patterns than does the use of data collected a decade earlier.

Researchers should be aware of the possibility that respondents may not always be completely representative of their subgroups. Use of data in cells with small sample sizes or extreme values should be avoided if possible.

HNIS is preparing a report of the nonresponse investigations conducted by HNIS staff (21) (see inside back cover). It includes the report of the LSRO expert panel less the appendixes. A copy of the complete LSRO report "Impact of Nonresponse on Dietary Data from the 1987-88 Nationwide Food Consumption Survey" may be requested from the FASEB Special Publications Office, 9650 Rockville Pike, Bethesda, MD 20814. The cost is \$24.

## Sample Weights

The sample was designed to be self-weighting. This means that each household in the 48 conterminous States had an equal probability of being selected for the sample. However, not all eligible households participated and not all interviews yielded complete dietary information. Further, unequal numbers of interviews were obtained in different calendar months and on different days of the week. Weighting factors were designed to yield a population that matches the U.S. population distribution of 13 demographic characteristics which are believed to be related to food intake behavior (25-28) and to equalize interviews over the 12 months of the year and the 7 days of the week.

While the weighting described here is expected to reduce the magnitude of nonresponse bias and to adjust for other vagaries of the sample selection process, it is also expected to increase the variance of the estimates. Estimates of variance are discussed in the next section.

Population totals of individuals grouped by the 13 characteristics that were employed in constructing "controls" for use in determining the weights appear in text table D-1. The values for this table were calculated from the March 1987 Current Population Survey data file provided by the U.S. Bureau of the Census (37). The following example should prove helpful in understanding this table. According to the March 1987 Current Population Survey, 16,800,000 males 20 or older resided in households in the Northeast.



Text Table D-1. Population characteristics of individuals in regression weight construction

Characteristic	Category	Population (in thousands)		
		Men (20+)	Women (20+)	Children (<20)
Region	Northeast	16,800	19,190	13,726
	Midwest	19,352	21,634	18,018
	South	27,024	30,082	24,635
	West	16,133	17,419	14,858
Household income (percent of poverty)	<131%	10,024	16,868	18,711
	131-300%	24,853	28,590	26,827
	301-500%	23,188	23,406	17,280
	over 500%	21,243	19,462	8,420
Household with presence of child ≤6	Yes	16,448	19,517	33,612
	No	62,860	68,808	32,625
Household with presence of child 7-17	Yes	21,954	25,902	51,614
	No	57,355	62,424	19,624
Exactly one adult in household	Yes	9,253	17,595	9,882
	No	70,055	70,730	61,355
Exactly two adults in household	Yes	47,423	49,049	44,659
	No	31,886	39,277	26,578
Household member receives food stamps	Yes	3,533	6,771	10,523
	No	75,775	81,554	60,714
Ownership of domicile	Yes	55,706	60,155	45,786
	No	23,603	28,170	25,451

--continued

Text Table D-1.--continued

Characteristic	Category	Population (in thousands)		
		Men (20+)	Women (20+)	Children (<20)
Male head worked last week	Yes	57,480	44,990	49,053
	No	21,829	43,336	22,184
Female head worked last week	Yes	33,038	44,703	35,429
	No	46,271	43,623	35,808
Female head ≤ 40, no children ≤ 17	Yes	9,647	16,277	727
	No	69,662	72,049	70,511
Race	Nonblack	71,289	78,252	60,117
	Black	8,020	10,074	11,120
Age (men & women)	20-24	9,287	9,859	-----
	25-39	29,768	30,917	-----
	40-59	23,670	25,380	-----
	60-69	9,407	11,079	-----
	70 +	7,176	11,091	-----
Age (children)	0-4	-----	-----	18,593
	5-9	-----	-----	17,843
	10-14	-----	-----	16,660
	15-19	-----	-----	18,142

SOURCE: Derived from 1987 Current Population Survey, U.S. Bureau of the Census



The 13 characteristics were converted to variables that could be used in regression analysis. A total of  $(K - 1)$  indicator variables was created for a characteristic with  $K$  categories. The indicator for category  $i$  and individual  $j$  has a value of 1 if individual  $j$  is in category  $i$ ; otherwise, the indicator variable is zero. If one of the  $(K - 1)$  indicator variables for an individual has a value of 1, then the remaining indicators for that characteristic have a value of zero. An individual falling in the  $K$ -th category of the characteristic is represented by zeros in the  $(K - 1)$  indicator variables.

Weights were constructed separately for each of three groups defined by sex and age: men age 20 and over, women age 20 and over, and persons less than 20 years old. The 13 characteristics resulted in 20 control variables for the men, 20 for the women, and 19 for those less than 20 years old.

In addition, control variables were created for day-of-interview and month-of-interview for each race within each sex-age group. Twelve control variables were created for the day effects (6 for nonblack and 6 for black) and 22 were created for the month effects (11 for nonblack and 11 for black) for each sex-age group. In all, there were 54 control variables for the men and women and 53 control variables for persons less than 20 years old. The population total for each race within each sex-age group was divided by 7 and by 12 to yield the population totals for the day and month effects, respectively.

A weight was constructed for each observation using the program described by Huang and Fuller (38). The program was applied to each of the three sex-age groups. Constant starting weights were used for the weight generation program for each group. After several iterations, the program produced a set of real weights such that

$$\sum_{t=1}^n w_t x_{ti} = X_{0i}$$

for each of the control variables, where  $w_t$  is the weight for the  $t$ -th observation,  $x_{ti}$  is the value of the  $i$ -th control variable for the  $t$ -th observation,  $n$  is the number of observations in the group, and  $X_{0i}$  is the population total for the  $i$ -th control variable for the group. The program is designed to produce weights that are all nonnegative and such that the largest weights are not overly big relative to the average weight. It then rounds the real weights to integer weights, where the sum of the integer weights is the population in thousands.

The maximum deviation between the estimated and actual population totals after rounding was 5 (i.e., 5,000). The final weights for Day 1 intakes range from 1 to 136. Out of the 10,172 observations, there were two individual weights of 136 and 11 weights of 1. By sex-age group, the ranges are from 1 to 130 for men, from 1 to 78 for women, and from 1 to 136 for persons under age 20. The mean weights are 25.1, 22.3, and 23.4, for men, women, and persons under age 20, respectively. The distribution of weights is bimodal. The second mode is due to unequal distribution of interviews over days of the week and months of the year.

The unweighted and weighted counts of individuals providing Day 1 food intake information in the NFCS 1987-88 are shown in text tables D-2 through D-5. Tables D-2 through D-5 exclude 45 breast-fed infants under age 1 and 7 breast-fed children age 1 to 2. These individuals were part of the sample and the weighting process but were excluded from the results tables.

Text Table D-2. Counts of individuals by sex and age group, 1 day, NFCS 1987-88

Sex and age (years)	Unweighted count	Weighted count	Percentage of population
	-----Number-----		Percent
Males and females: <sup>1</sup>			
Under 1 .....	121	2,689,000	1.1
1-2 .....	326	6,957,000	2.9
3-5 .....	489	10,928,000	4.6
5 and under .....	936	20,574,000	8.7
Males:			
6-11 .....	460	10,416,000	4.4
12-19 .....	518	13,551,000	5.7
20-29 .....	654	19,646,000	8.3
30-39 .....	774	19,409,000	8.2
40-49 .....	539	13,906,000	5.8
50-59 .....	431	9,763,000	4.1
60-69 .....	433	9,409,000	4.0
70 and over .....	327	7,176,000	3.0
80 and over .....	73	1,835,000	0.8
20 and over .....	3,158	79,309,000	33.4
Females:			
6-11 .....	501	11,000,000	4.6
12-19 .....	580	14,615,000	6.1
20-29 .....	814	20,288,000	8.5
30-39 .....	914	20,481,000	8.6
40-49 .....	632	15,132,000	6.4
50-59 .....	521	10,250,000	4.3
60-69 .....	590	11,078,000	4.7
70 and over .....	496	11,097,000	4.7
80 and over .....	162	3,868,000	1.6
20 and over .....	3,967	88,326,000	37.1
All individuals .....	10,120	237,791,000	100.0

<sup>1</sup> The sample included 45 breast-fed infants under age 1 and 7 breast-fed children age 1 to 2. These individuals are excluded from these counts and from the results tables.

Text Table D-3. Counts of individuals by region,<sup>1</sup> 1 day, NFCS 1987-88

Region, sex, and age (years)	Unweighted count	Weighted count	Percentage of population
	-----Number-----		Percent
<u>Northeast:</u>			
Males and females:			
Under 1 .....	18	375,000	0.2
1-2.....	56	1,170,000	0.5
3-5.....	96	1,726,000	0.7
5 and under.....	170	3,271,000	1.4
Males:			
6-11 .....	92	2,686,000	1.1
12-19.....	106	2,914,000	1.2
20-39.....	281	7,648,000	3.2
40-59.....	214	5,499,000	2.3
60 and over.....	169	3,651,000	1.5
20 and over.....	664	16,798,000	7.1
Females:			
6-11 .....	99	2,041,000	0.9
2-19.....	104	2,498,000	1.1
20-39.....	341	7,906,000	3.3
40-59.....	254	6,525,000	2.7
60 and over.....	231	4,760,000	2.0
20 and over.....	826	19,191,000	8.1
All individuals .....	2,061	49,399,000	20.8

-- continued

Text Table D-3.--Counts of individuals by region,<sup>1</sup> 1 day, NFCS 1987-88

Region, sex, and age (years)	Unweighted count	Weighted count	Percentage of population
	-----Number-----		Percent
<u>Midwest:</u>			
Males and females:			
Under 1 .....	37	592,000	0.2
1-2.....	100	1,619,000	0.7
3-5.....	135	2,794,000	1.2
5 and under.....	272	5,005,000	2.1
Males:			
6-11 .....	125	2,583,000	1.1
12-19.....	144	3,276,000	1.4
20-39.....	385	9,705,000	4.1
40-59.....	244	5,701,000	2.4
60 and over.....	184	3,950,000	1.7
20 and over.....	813	19,356,000	8.1
Females:			
6-11 .....	135	2,727,000	1.1
12-19.....	168	4,300,000	1.8
20-39.....	460	10,760,000	4.5
40-59.....	278	6,071,000	2.6
60 and over.....	250	4,804,000	2.0
20 and over.....	988	21,635,000	9.1
All individuals .....	2,645	58,882,000	24.8

--continued

Text Table D-3.--Counts of individuals by income level,<sup>1</sup> 1 day, NFCS 1987-88

Region, sex, and age (years)	Unweighted count	Weighted count	Percentage of population
-----Number-----			Percent
<u>South:</u>			
Males and females:			
Under 1 .....	46	1,401,000	0.6
1-2 .....	109	3,026,000	1.3
3-5 .....	153	4,176,000	1.8
5 and under .....	308	8,603,000	3.6
Males:			
6-11 .....	139	2,875,000	1.2
12-19 .....	171	4,275,000	1.8
20-39 .....	500	13,489,000	5.7
40-59 .....	330	7,840,000	3.3
60 and over .....	275	5,694,000	2.4
20 and over .....	1,105	27,023,000	11.4
Females:			
6-11 .....	160	3,841,000	1.6
12-19 .....	202	4,739,000	2.0
20-39 .....	603	14,071,000	5.9
40-59 .....	408	7,971,000	3.4
60 and over .....	413	8,040,000	3.4
20 and over .....	1,424	30,082,000	12.7
All individuals .....	3,509	81,438,000	34.2

--continued

Text Table D-3.--Counts of individuals by region,<sup>1</sup> 1 day, NFCS 1987-88

Region, sex, and age (years)	Unweighted count	Weighted count	Percentage of population
-----Number-----			Percent
<u>West:</u>			
Males and females:			
Under 1 .....	20	321,000	0.1
1-2 .....	61	1,142,000	0.5
3-5 .....	105	2,232,000	0.9
5 and under .....	186	3,695,000	1.6
Males:			
6-11 .....	104	2,272,000	1.0
12-19 .....	97	3,086,000	1.3
20-39 .....	262	8,213,000	3.5
40-59 .....	182	4,629,000	1.9
60 and over .....	132	3,290,000	1.4
20 and over .....	576	16,132,000	6.8
Females:			
6-11 .....	107	2,391,000	1.0
12-19 .....	106	3,078,000	1.3
20-39 .....	324	8,032,000	3.4
40-59 .....	213	4,815,000	2.0
60 and over .....	192	4,571,000	1.9
20 and over .....	729	17,418,000	7.3
All individuals .....	1,905	48,072,000	20.2

<sup>1</sup> Excludes breast-fed children (14 in the Northeast, 9 in the Midwest, 12 in the South, 17 in the West).

Text Table D-4. Counts of individuals by income level,<sup>1</sup> 1 day, NFCS 1987-88

Region, sex, and age (years)	Unweighted count	Weighted count	Percentage of population
-----Number-----			Percent
<u>Under 131% Poverty<sup>2</sup>:</u>			
Males and females:			
Under 1 .....	41	953,000	0.4
1-2 .....	94	1,598,000	0.7
3-5 .....	132	2,611,000	1.1
5 and under .....	267	5,162,000	2.2
Males:			
6-11 .....	113	2,257,000	0.9
12-19 .....	118	2,239,000	0.9
20-39 .....	221	4,267,000	1.8
40-59 .....	90	1,599,000	0.7
60 and over.....	128	2,250,000	0.9
20 and over.....	439	8,116,000	3.4
Females:			
6-11 .....	132	2,603,000	1.1
12-19 .....	146	2,635,000	1.1
20-39 .....	338	6,250,000	2.6
40-59 .....	150	2,655,000	1.1
60 and over.....	269	4,697,000	2.0
20 and over.....	757	13,602,000	5.7
All individuals .....	1,972	36,614,000	15.4

--continued

Text Table D-4.--Counts of individuals by income level,<sup>1</sup> 1 day, NFCS 1987-88

Income level, sex, and age (years)	Unweighted count	Weighted count	Percentage of population
-----Number-----			Percent
<u>131-300% Poverty<sup>2</sup>:</u>			
Males and females:			
Under 1 .....	37	713,000	0.3
1-2 .....	111	2,552,000	1.1
3-5 .....	179	3,814,000	1.6
5 and under .....	327	7,079,000	3.0
Males:			
6-11 .....	168	3,308,000	1.4
12-19 .....	178	4,327,000	1.8
20-39 .....	456	11,166,000	4.7
40-50 .....	221	5,082,000	2.1
60 and over.....	237	4,789,000	2.0
20 and over.....	914	21,037,000	8.8
Females:			
6-11 .....	181	3,749,000	1.6
12-19 .....	183	4,347,000	1.8
20-39 .....	535	10,874,000	4.6
40-59 .....	287	5,433,000	2.3
60 and over.....	324	6,494,000	2.7
20 and over.....	1,146	22,801,000	9.6
All individuals .....	3,097	66,648,000	28.0

--continued

Text Table D-4.--Counts of individuals by income level,<sup>1</sup> 1 day, NFCS 1987-88

Income level, sex, and age (years)	Unweighted count	Weighted count	Percentage of population
	-----Number-----		Percent
<u>Over 300% Poverty<sup>2</sup>:</u>			
Males and females:			
Under 1 .....	27	551,000	0.2
1-2 .....	70	1,593,000	0.7
3-5 .....	114	3,244,000	1.4
5 and under .....	211	5,388,000	2.3
Males:			
6-11 .....	113	3,622,000	1.5
12-19 .....	151	5,211,000	2.2
20-39 .....	546	18,494,000	7.8
40-59 .....	474	12,644,000	5.3
60 and over .....	222	5,638,000	2.4
20 and over .....	1,242	36,776,000	15.5
Females:			
6-11 .....	112	3,215,000	1.4
12-19 .....	149	4,688,000	2.0
20-39 .....	591	17,643,000	7.4
40-59 .....	503	12,710,000	5.3
60 and over .....	228	5,508,000	2.3
20 and over .....	1,322	35,861,000	15.1
All individuals .....	3,300	94,761,000	39.9

<sup>1</sup> Excludes 1,751 individuals living in households that did not report income.

<sup>2</sup> Excludes breast-fed children (11 in households with incomes under 131 percent of poverty, 23 in households with incomes at 131 percent to 300 percent of poverty, and 12 in households with incomes over 300 percent of poverty).



Text Table D-5. Counts of individuals by race,<sup>1</sup> 1 day, NFCS 1987-88

Race, sex, and age (years)	Unweighted count	Weighted count	Percentage of population
	-----Number-----		Percent
<u>White</u> <sup>2</sup> :			
Males and females:			
Under 1 .....	87	1,613,000	0.7
1-2 .....	260	5,370,000	2.3
3-5 .....	394	8,624,000	3.6
5 and under .....	741	15,607,000	6.6
Males:			
6-11 .....	360	8,001,000	3.4
12-19 .....	416	11,022,000	4.6
20-39 .....	1,233	33,008,000	13.9
40-59 .....	854	19,744,000	8.3
60 and over .....	703	15,344,000	6.5
20 and over .....	2,790	68,096,000	28.6
Females:			
6-11 .....	406	8,435,000	3.5
12-19 .....	452	11,126,000	4.7
20-39 .....	1,412	33,686,000	14.2
40-59 .....	983	21,649,000	9.1
60 and over .....	949	19,267,000	8.1
20 and over .....	3,344	74,602,000	31.4
All individuals .....	8,509	196,889,000	82.8

--continued

Text Table D-5.--Counts of individuals by race,<sup>1</sup> 1 day, NFCS 1987-88

Race, sex, and age (years)	Unweighted count	Weighted count	Percentage of population
	-----Number-----		Percent
<u>Black</u> <sup>2</sup> :			
Males and females:			
Under 1 .....	23	810,000	0.3
1-2 .....	43	1,240,000	0.5
3-5 .....	65	1,739,000	0.7
5 and under .....	131	3,789,000	1.6
Males:			
6-11 .....	67	1,489,000	0.6
12-19 .....	72	1,554,000	0.7
20-39 .....	124	3,923,000	1.6
40-59 .....	87	3,003,000	1.3
60 and over .....	45	1,082,000	0.5
20 and over .....	256	8,008,000	3.4
Females:			
6-11 .....	64	1,686,000	0.7
12-19 .....	90	2,469,000	1.0
20-39 .....	220	4,693,000	2.0
40-59 .....	136	3,051,000	1.3
60 and over .....	116	2,320,000	1.0
20 and over .....	472	10,064,000	4.2
All individuals .....	1,152	29,059,000	12.2

<sup>1</sup> Excludes 459 individuals who reported a race other than white or black.

<sup>2</sup> Excludes breast-fed children (45 white children and 6 black children).

## Estimates of Variance

Survey results are employed in making inferences about the targeted populations. As the variability of the estimates obtained from a sample decreases, the precision with which they estimate true population values increases. The appropriate degree of precision depends on the objectives of the investigator as well as the practicality and cost of obtaining samples of various sizes.

For any survey employing a complex sampling design, it is appropriate to estimate measures of variance using techniques available through specialized software (such as OSIRIS, PC/CARP, SUDAAN, or SESUDAAN) which takes survey design and weighting into account. This is of particular importance with NFCS 1987-88 data because of the potential increased variance resulting from the weighting. It is essential that estimates of variance such as standard errors and coefficients of variation be evaluated for all variables of interest. HNIS estimated the standard errors of the food and nutrient intake estimates published in this report using the Taylor series linearization approach incorporated within the RTI SAS procedure SESUDAAN (39).

**Standard Errors**—Sample surveys are subject to both sampling errors and nonsampling errors. Sampling errors occur because a sample, rather than the entire population, is surveyed. Nonsampling errors can be attributed to many sources—incomplete coverage; inability to obtain information from all households or individuals who are part of the sample; differences in how respondents interpret a question; inability or unwillingness of respondents to provide correct information; and errors in recording, coding, and processing the data.

The estimated standard errors provided in this appendix measure sampling errors and random nonsampling errors. They do not measure the effects of systematic biases in the data (nonrandom nonsampling errors). Rather, in the absence of nonresponse, they measure the variation between values estimated from the sample and values (called the census values) that would have been obtained if all individuals in all U.S. households had been surveyed using the same methodology.

Nonresponse has three potential effects on the accuracy of the data. Nonresponse can cause a bias if the intake behavior of nonrespondents varies from that of respondents even after the respondent sample has been weighted to control for known differences between the two groups (see "Sample Weights"). This nonrandom effect, if it exists, is not captured by the estimated standard errors in

this appendix. The second effect comes from the variability of the weights themselves; this effect is captured in estimated standard errors. The third effect results from using auxiliary information from the Current Population Survey to create weights. This effect, which will, if anything, increase the accuracy of NFCS estimates, is not captured in the estimated standard errors because of the difficulty of doing so.

HNIS treated the 119 distinct primary sampling units (see "Sample Design") in the NFCS as if they were drawn from an unstratified population. It was believed that this would have the effect of increasing the accuracy of the standard error estimates.

Under ideal conditions, the chances that a reported value from the NFCS 1987-88 will differ from the census value by less than 1 standard error are about 68 out of 100. The chances are 90 out of 100 that the difference will be less than 1.7 times the standard error and about 95 out of 100 that it will be less than 2 times the standard error. Tables of the standard errors of all estimates in the main body of this report and in appendixes A and B are presented at the end of this appendix.

**Coefficients of Variation**—The coefficient of variation (CV) of an estimate is defined as the ratio of the estimate's standard error to the target value being estimated expressed as a percentage. A CV provides information about how confident one can be that the sample mean is close to the true population mean. A CV of 25 percent, for example, provides 95 percent confidence that the true population mean falls within the range encompassed by 50 to 150 percent of the sample mean. With a lower CV, the range is narrower. With a larger CV, it is wider.

In practice both the numerator and denominator of a CV must be estimated. Most of the mean intake estimates in this report have estimated CV's of less than 25 percent. Mean intake estimates for cells with estimated CV's between 25 and 50 percent are footnoted in the tables, as are mean intake estimates with estimated CV's greater than or equal to 50 percent. These estimates should not be used or reported alone. HNIS urges that these guidelines be followed by others reporting NFCS 1987-88 data.

## Guide to Tables in Appendix D<sup>1</sup>

<u>Number</u>	<u>Title</u>	<u>Page</u>	<u>Number</u>	<u>Title</u>	<u>Page</u>
Standard Errors for Estimates in Main Body of This Report			<u>Food intakes by income level and by race:</u> Standard errors of the mean per individual in a day and of the percentages of individuals using, 1 day, 1987-88 (tables D3.1-1 to D3.7-2)		
	<u>Food intakes by sex and age:</u> Standard errors of the mean per individual in a day and of the percentages of individuals using, by sex and age, 1 day, 1987-88 (tables D1.1-1 to D1.7-2)				
D1.1-1 to D1.1-2	Meat, poultry, fish .....	150	D3.1-1 to D3.1-2	Meat, poultry, fish .....	178
D1.2-1 to D1.2-2	Milk and milk products .....	152	D3.2-1 to D3.2-2	Milk and milk products .....	180
D1.3-1 to D1.3-2	Vegetables .....	154	D3.3-1 to D3.3-2	Vegetables .....	182
D1.4-1 to D1.4-2	Fruits .....	156	D3.4-1 to D3.4-2	Fruits .....	184
D1.5-1 to D1.5-2	Grain products .....	158	D3.5-1 to D3.5-2	Grain products .....	186
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D1.7-1 to D1.7-2	Beverages .....	162	D3.7-1 to D3.7-2	Beverages .....	190
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D2.5-1 to D2.5-2	Grain products .....	172		<u>Food energy from protein, total fat, fatty acids, and carbohydrate:</u> Standard errors of the mean percentages per individual in a day, 1 day, 1987-88 (tables D5.1 to D5.4)	
D2.6-1 to D2.6-2	Eggs; legumes; nuts and seeds; fats and oils; sugars and sweets .....	174			
D2.7-1 to D2.7-2	Beverages .....	176	D5.1	By sex and age. ....	216
			D5.2	By region. ....	217
			D5.3	By income level.....	219
			D5.4	By race .....	221

<sup>1</sup> Table numbers in appendix D correspond to table numbers for the food and nutrient intakes in the main section of this publication and in appendixes A and B.

<u>Number</u>	<u>Title</u>	<u>Page</u>
D6	<u>Nutrient intakes as percentages of the 1980 Recommended Dietary Allowances by sex and age:</u> Standard errors of the mean percentages per individual in a day, 1 day, 1987-88.....	222
Standard Errors for Estimates in Appendix A		
	<u>Food intakes by sex and age:</u> Standard errors of the mean per individual in a day and of the percentages of individual using, 1 day, 1977-78 (tables DA1.1-1 to DA1.7-2)	
DA1.1-1 to DA1.1-2	Meat, poultry, fish.....	224
DA1.2-1 to DA1.2-2	Milk and milk products .....	226
DA1.3-1 to DA1.3-2	Vegetables.....	228
DA1.4-1 to DA1.4-2	Fruits.....	230
DA1.5-1 to DA1.5-2	Grain products .....	232
DA1.6-1 to DA1.6-2	Eggs; legumes; nuts and seeds; fats and oils; sugars and sweets.....	234
DA1.7-1 to DA1.7-2	Beverages .....	236
DA4.1	<u>Nutrient intakes by sex and age:</u> Standard errors of the mean per individual in a day, 1 day, 1977-78 ... ..	238
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Standard Errors for Estimates in Appendix B		
DB1	<u>Breakdown of Mixtures Mainly Meat, Poultry, or Fish into 22 Food Groups by Sex and Age:</u> Standard errors of mean per individual in a day, 1 day, 1987-88 .....	244
DB2	<u>Breakdown of Mixtures Mainly Grain into 22 Food Groups by Sex and Age:</u> Standard errors of the mean per individual in a day, 1 day, 1987-88 ... ..	246



Appendix Table D1.1-1.--Standard Errors for Table 1.1-1.--Meat, Poultry, Fish: Mean Intakes per Individual in a Day, by Sex and Age, 1 Day, 1987-88

	Percent	Total	Beef	Pork	Lamb, Veal, Game	Organ Meats	Frankfurters, Sausages, Luncheon Meats	Poultry	Fish and Shellfish	Mixtures Mainly Meat, Poultry, Fish
Males and Females:										
Under 1.....	1.1	5.7	0.7	*	-	-	1.3	1.1	0.6	4.8
1-2.....	2.9	9.6	1.3	8.0	0.2	0.1	1.6	2.0	1.9	4.9
3-5.....	4.6	7.4	2.5	1.5	.5	.9	1.6	3.3	.9	7.0
5 and under.....	8.7	5.9	1.5	3.2	.3	.5	1.0	1.9	1.8	4.5
Males:										
6-11.....	4.4	8.8	3.8	3.2	.1	.1	2.2	4.2	.7	8.2
12-19.....	5.7	17.9	5.1	3.0	.6	.2	2.2	5.7	.8	20.4
20-29.....	8.3	14.8	3.7	2.4	1.5	.4	3.2	4.7	2.5	13.2
30-39.....	8.2	13.6	6.6	2.4	.3	.2	2.9	5.5	2.5	12.2
40-49.....	5.8	14.7	8.1	2.8	.6	.2	4.0	5.5	4.9	11.2
50-59.....	4.1	15.7	5.5	3.1	.5	.4	3.5	4.4	2.4	15.3
60-69.....	4.0	15.2	4.7	3.3	1.1	.4	4.4	4.0	3.1	14.3
70 and over.....	3.0	18.2	3.6	5.7	.9	.7	2.9	7.1	3.8	18.7
20 and over.....	33.4	8.2	2.5	1.5	.4	.2	1.6	2.6	1.6	6.5
Females:										
6-11.....	4.6	12.1	3.9	1.8	.3	.1	1.6	3.3	2.1	11.2
12-19.....	6.1	11.8	5.3	2.5	.2	.1	3.7	2.7	2.2	10.0
20-29.....	8.5	7.7	3.5	1.6	.4	.2	1.5	2.6	2.2	6.3
30-39.....	8.6	9.7	3.1	1.4	.4	.8	1.2	2.4	1.8	8.8
40-49.....	6.4	9.6	4.3	1.8	.6	.5	1.2	3.3	2.8	9.8
50-59.....	4.3	10.0	3.6	2.2	.4	.9	1.6	4.2	2.8	8.9
60-69.....	4.7	9.2	3.2	2.4	.6	.7	2.2	3.0	2.1	9.4
70 and over.....	4.7	9.9	3.6	2.9	.6	1.7	2.0	6.1	3.0	8.3
20 and over.....	37.1	4.5	1.6	1.0	.2	.4	.7	1.8	1.5	4.0
All Individuals.....	100.0	4.8	1.8	1.1	.2	.2	.8	1.7	.8	4.3

- None of the individuals in this cell used foods from this group.

\* Value less than .05 but greater than 0.

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

Appendix Table D1.1-2.--Standard Errors for Table 1.1-2.--Meat, Poultry, Fish: Percentage of Individuals Using at Least Once,  
by Sex and Age, 1 Day, 1987-88

Sex and Age (Years)	Percent of Population	Total	Beef	Pork	Lamb, Veal, Game	Organ Meats	Frankfurters, Sausages, Luncheon Meats	Poultry	Fish and Shellfish	Mixtures Mainly Meat, Poultry, Fish
Males:										
Under 1.....	1.1	6.05	0.92	0.60	0.00	0.00	1.41	1.75	1.60	0.45
1-2.....	2.9	2.48	3.15	2.92	.41	.32	4.89	3.88	3.56	2.22
3-5.....	4.6	2.61	3.07	2.39	.19	1.23	3.51	3.96	3.80	1.36
5 and under.....	8.7	2.35	2.14	1.88	.17	.67	2.47	2.57	2.30	1.13
Females:										
6-11.....	4.4	1.86	3.78	3.06	.15	.14	2.71	3.17	3.00	.78
12-19.....	5.7	1.34	3.14	2.80	.36	.23	2.49	3.43	2.58	.49
20-29.....	8.3	2.08	2.41	2.45	.79	.61	3.17	2.10	1.85	1.41
30-39.....	8.2	1.98	2.74	2.46	.17	.14	2.53	2.58	2.29	1.97
40-49.....	5.8	1.72	3.29	3.43	1.00	.11	3.84	3.34	2.98	2.86
50-59.....	4.1	1.94	3.99	2.91	.40	.30	3.16	3.53	3.22	2.13
60-69.....	4.0	1.80	2.85	2.88	1.31	.32	3.23	2.76	2.60	2.18
70 and over.....	3.0	1.10	3.06	4.31	.45	.30	3.06	3.60	2.82	3.54
20 and over.....	33.4	.82	1.29	1.37	.31	.16	1.39	1.26	1.16	.88
All Individuals.....	100.0	.68	1.10	.91	.18	.16	.96	1.01	.94	.55

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.



Appendix Table D1.2-1.--Standard Errors for Table 1.2-1.--Milk and Milk Products: Mean Intakes per Individual in a Day, by Sex and Age, 1 Day, 1987-88

	:	:	:	:					:	:
	:	:	:	:					:	:
	:	:	:	:	Milk and Milk Drinks				:	:
	:	:	:	:					:	:
Sex and Age	:	:	:	:					:	:
(Years)	:	:	:	:					:	:
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- None of the individuals in this cell used foods from this group.

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

Appendix Table D1.2-2.--Standard Errors for Table 1.2-2.--Milk and Milk Products: Percentage of Individuals Using  
at Least Once, by Sex and Age, 1 Day, 1987-1988

Sex and Age (Years)	Percent of Population	Total	Milk and Milk Drinks					Milk Desserts	Cheese
			Total	Fluid Milk			Yogurt		
				Total	Whole	Lowfat/Skim			
<u>Percent</u> ----- <u>Percent</u> -----									
Males and Females:									
Under 1.....	1.1	6.09	6.11	4.91	3.14	2.86	0.00	2.38	1.06
1-2.....	2.9	1.30	1.68	1.83	5.03	4.31	.90	2.53	3.23
3-5.....	4.6	1.89	2.20	2.28	4.72	4.39	1.35	3.33	2.94
5 and under.....	8.7	1.42	1.61	2.01	4.04	3.38	.81	1.97	2.16
Males:									
6-11.....	4.4	.89	1.05	1.20	4.47	4.60	1.31	3.54	3.54
12-19.....	5.7	2.38	3.48	3.13	5.18	4.12	1.08	2.90	3.63
20-29.....	8.3	3.26	3.50	3.51	2.78	2.81	.87	1.91	3.00
30-39.....	8.2	2.63	3.00	3.02	2.91	2.87	1.08	2.24	3.28
40-49.....	5.8	3.55	4.22	4.13	3.39	3.00	.89	2.51	2.84
50-59.....	4.1	3.28	3.71	3.77	3.40	2.70	.38	2.35	3.20
60-69.....	4.0	2.69	3.39	3.42	3.55	3.54	1.77	2.47	2.69
70 and over.....	3.0	4.09	4.62	4.73	3.39	4.40	.32	4.44	3.18
20 and over.....	33.4	1.65	1.99	2.03	1.79	1.87	.50	1.23	1.43
Females:									
6-11.....	4.6	2.26	2.54	2.95	3.88	4.17	.92	3.19	3.06
12-19.....	6.1	3.20	3.28	3.61	3.89	3.78	1.34	2.95	3.14
20-29.....	8.5	2.40	2.48	2.40	2.33	2.75	.81	1.43	2.56
30-39.....	8.6	2.64	3.01	2.96	2.12	2.63	.77	1.53	2.34
40-49.....	6.4	2.94	3.21	3.37	2.60	2.77	1.56	1.87	2.34
50-59.....	4.3	2.98	3.52	3.50	2.92	3.07	1.69	2.44	2.62
60-69.....	4.7	2.97	3.32	3.47	2.95	3.16	1.30	2.22	2.58
70 and over.....	4.7	2.77	2.89	2.93	3.50	3.25	.95	2.70	3.74
20 and over.....	37.1	1.50	1.53	1.59	1.51	1.78	.48	.96	1.24
All Individuals.....	100.0	1.11	1.25	1.35	1.75	1.88	.34	.83	1.16

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

Appendix Table D1.3-1.--Standard Errors for Table 1.3-1.--Vegetables: Mean Intakes per Individual in a Day, by Sex and Age,  
1 Day, 1987-88

Sex and Age (Years)	Percent of Population	Total Vegetables and Fruits	Vegetables					
			Total	White Potatoes	Tomatoes	Dark-Green Vegetables	Deep-Yellow Vegetables	Other Vegetables
<u>Percent</u>		<u>Grams</u>						
Males and Females:								
Under 1.....	1.1	49.8	20.0	1.7	2.0	1.0	11.3	9.4
1-2.....	2.9	18.1	7.0	3.7	1.2	1.7	1.6	4.4
3-5.....	4.6	13.4	7.5	4.6	1.5	1.0	2.4	3.9
5 and under.....	8.7	11.8	5.9	2.9	1.0	.8	2.0	3.3
Males:								
6-11.....	4.4	20.3	8.9	5.1	2.3	3.0	1.2	5.3
12-19.....	5.7	23.0	14.0	7.7	2.4	3.1	2.6	7.1
20-29.....	8.3	18.8	12.5	7.4	3.9	2.8	1.4	8.7
30-39.....	8.2	16.2	12.7	10.2	3.5	2.6	3.0	5.6
40-49.....	5.8	20.4	11.4	8.6	6.6	2.3	2.2	5.9
50-59.....	4.1	17.5	14.8	8.2	8.6	3.3	2.3	11.3
60-69.....	4.0	28.4	15.7	7.2	6.6	3.9	3.5	9.3
70 and over.....	3.0	24.0	17.2	6.4	11.1	2.8	1.7	13.4
20 and over.....	33.4	8.9	6.3	4.6	3.0	1.4	.9	3.7
Females:								
6-11.....	4.6	16.6	7.9	6.4	3.6	.9	2.5	4.0
12-19.....	6.1	23.3	12.0	5.6	2.2	2.1	1.0	12.7
20-29.....	8.5	12.6	8.0	4.3	3.0	1.3	1.6	5.2
30-39.....	8.6	13.7	9.1	4.1	3.8	2.9	.8	6.1
40-49.....	6.4	16.3	10.2	5.1	5.8	3.0	2.1	6.7
50-59.....	4.3	18.4	13.0	6.1	5.3	2.8	1.5	8.8
60-69.....	4.7	14.3	9.9	4.6	5.1	2.0	1.5	8.6
70 and over.....	4.7	24.0	13.4	5.8	3.7	3.8	1.3	8.7
20 and over.....	37.1	7.9	4.3	2.2	1.8	1.2	.6	3.1
All Individuals.....	100.0	6.7	3.8	2.6	1.6	.9	.6	2.5

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

Appendix Table D1.3-2.--Standard Errors for Table 1.3-2.--Vegetables: Percentage of Individuals Using at Least Once, by Sex and Age, 1 Day, 1987-88

Sex and Age (Years)	Percent of Population	Total Vegetables and Fruits	Vegetables					
			Total	White Potatoes	Tomatoes	Dark-Green Vegetables	Deep-Yellow Vegetables	Other Vegetables
	Percent		Percent					
Males and Females:								
Under 1.....	1.1	8.49	8.88	1.89	0.95	1.41	8.60	5.47
1-2.....	2.9	2.45	3.53	5.03	2.85	2.46	1.82	3.79
3-5.....	4.6	1.98	2.44	3.60	2.86	1.31	2.06	3.67
5 and under.....	8.7	1.84	2.62	3.08	1.77	1.17	1.69	2.83
Males:								
6-11.....	4.4	2.05	2.45	3.88	3.61	2.66	2.07	3.95
12-19.....	5.7	1.38	2.48	3.15	3.61	2.13	2.02	3.81
20-29.....	8.3	1.64	2.24	3.56	2.42	1.47	1.53	3.02
30-39.....	8.2	1.49	1.73	2.89	2.41	1.61	1.63	2.65
40-49.....	5.8	2.27	2.48	3.62	3.09	1.74	1.89	3.26
50-59.....	4.1	1.49	2.27	3.74	3.35	2.78	1.58	3.32
60-69.....	4.0	1.33	1.84	3.78	3.32	2.70	3.09	3.13
70 and over.....	3.0	1.70	2.80	4.36	4.28	1.89	2.48	3.95
20 and over.....	33.4	.71	.97	1.72	1.27	.91	.73	1.39
Females:								
6-11.....	4.6	2.75	3.27	3.40	2.60	1.10	1.93	4.02
12-19.....	6.1	2.55	2.88	3.76	3.07	1.55	1.70	3.68
20-29.....	8.5	1.99	2.17	2.23	2.24	1.34	1.63	2.83
30-39.....	8.6	1.76	2.01	2.63	2.00	1.51	1.27	2.59
40-49.....	6.4	1.91	2.34	2.85	2.95	1.93	1.92	2.68
50-59.....	4.3	1.36	2.26	3.58	2.94	2.80	2.08	2.96
60-69.....	4.7	1.37	1.96	2.80	2.41	2.08	2.11	2.44
70 and over.....	4.7	1.59	2.21	3.72	2.42	2.90	1.86	2.99
20 and over.....	37.1	.70	.91	1.35	1.11	.94	.80	1.24
All Individuals.....	100.0	.53	.74	1.32	.99	.76	.62	1.05

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

Appendix Table D1.4-1.--Standard Errors for Table 1.4-1.--Fruits: Mean Intakes per Individual in a Day, by Sex and Age,  
1 Day, 1987-88

Sex and Age (Years)	Percent of Population	Total	Citrus Fruits and Juices		Dried Fruits	Other Fruits, Mixtures, Juices				
			Total	Juices		Total	Apples	Bananas	Other Fruits and Mixtures Mainly Fruit	Noncitrus Juices and Nectars
-----Grams-----										
Percent										
Males and Females:										
Under 1.....	1.1	32.0	13.5	13.5	-	30.9	5.8	1.3	12.0	16.1
1-2.....	2.9	18.5	9.3	9.5	1.0	18.2	2.5	2.8	3.3	15.3
3-5.....	4.6	14.0	5.2	5.1	.2	12.9	3.7	2.4	3.6	10.1
5 and under.....	8.7	11.4	4.6	4.6	.4	11.4	2.5	2.0	2.7	8.2
Males:										
6-11.....	4.4	17.1	10.6	10.6	.7	14.1	4.7	3.8	6.7	7.9
12-19.....	5.7	15.2	12.3	12.6	.1	7.2	4.5	2.9	4.3	3.0
20-29.....	8.3	13.8	9.9	9.8	.2	7.5	3.1	1.2	3.5	5.0
30-39.....	8.2	10.6	6.7	6.7	.1	9.2	3.5	1.9	4.8	2.7
40-49.....	5.8	14.9	7.8	6.7	.2	11.5	2.9	2.4	4.7	6.8
50-59.....	4.1	12.5	9.1	8.6	.4	7.7	2.6	2.2	6.0	1.1
60-69.....	4.0	19.3	11.8	9.7	.4	15.0	8.4	3.2	12.3	2.8
70 and over.....	3.0	16.2	11.9	12.0	1.3	12.8	3.3	2.8	12.1	2.2
20 and over.....	33.4	6.8	4.6	4.4	.2	4.6	1.8	1.0	3.0	1.8
Females:										
6-11.....	4.6	14.2	6.8	6.3	.1	11.3	4.5	2.8	4.5	7.9
12-19.....	6.1	15.4	13.1	13.1	.1	7.1	4.4	2.2	2.5	4.2
20-29.....	8.5	9.6	7.3	7.5	.7	6.2	2.0	1.1	2.3	5.0
30-39.....	8.6	8.8	5.6	5.5	.2	5.4	2.0	1.6	3.8	2.7
40-49.....	6.4	11.4	6.0	5.6	.2	8.6	3.4	1.6	8.1	4.2
50-59.....	4.3	14.4	7.3	6.9	.3	11.0	3.8	2.2	8.6	6.2
60-69.....	4.7	10.7	7.1	6.3	.3	10.0	3.0	2.9	6.2	4.4
70 and over.....	4.7	16.6	7.9	7.9	.7	12.4	4.0	2.8	8.1	4.3
20 and over.....	37.1	5.9	3.5	3.3	.2	4.3	1.4	.7	2.7	1.9
All Individuals.....	100.0	5.4	3.4	3.3	.1	3.8	1.3	.7	2.0	1.7

- None of the individuals in this cell used foods from this group.

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

Appendix Table D1.4-2.--Standard Errors for Table 1.4-2.--Fruits: Percentage of Individuals Using at Least Once, by Sex and Age, 1 Day, 1987-88

Sex and Age (Years)	Percent of Population	Total	Citrus Fruits and Juices			Other Fruits, Mixtures, Juices				
			Total	Juices	Dried Fruits	Total	Apples	Bananas	Other Fruits and Mixtures Mainly Fruit	Noncitrus Juices and Nectars
-----Percent-----Percent-----										
Males and Females:										
Under 1.....	1.1	8.53	1.89	1.89	0.00	8.57	5.14	1.56	8.46	8.34
1-2.....	2.9	3.84	3.46	2.80	1.68	4.98	2.54	2.87	2.08	4.04
3-5.....	4.6	3.85	2.51	2.47	1.19	3.66	3.07	2.18	2.77	2.72
5 and under.....	8.7	2.86	2.08	1.96	.89	3.12	2.32	1.90	1.90	2.43
Males:										
6-11.....	4.4	4.21	3.59	3.68	1.38	4.24	3.06	2.64	3.18	3.44
12-19.....	5.7	3.45	3.34	3.26	.24	3.34	2.00	1.96	3.16	1.14
20-29.....	8.3	3.18	2.71	2.64	.63	2.40	1.51	1.06	1.65	1.08
30-39.....	8.2	3.36	2.96	2.67	.24	2.79	1.80	1.68	2.10	1.16
40-49.....	5.8	3.86	3.19	3.04	.64	3.97	1.98	2.04	2.41	1.70
50-59.....	4.1	4.23	3.71	3.72	1.24	3.13	1.84	1.89	2.86	.55
60-69.....	4.0	4.01	4.37	4.09	1.38	3.63	3.18	2.62	3.35	.94
70 and over.....	3.0	3.35	4.56	4.29	1.83	3.98	2.55	3.22	4.07	1.18
20 and over.....	33.4	1.90	1.75	1.67	.40	1.56	.90	.86	1.19	.48
Females:										
6-11.....	4.6	4.30	3.20	2.91	.29	3.94	3.17	1.52	2.47	2.10
12-19.....	6.1	3.30	2.50	2.68	1.71	3.18	2.72	1.41	2.34	1.33
20-29.....	8.5	2.48	2.34	2.29	.59	1.97	1.24	.94	1.17	1.34
30-39.....	8.6	2.40	1.89	1.95	.39	2.21	1.39	1.51	1.57	1.19
40-49.....	6.4	3.06	2.56	2.48	.84	2.69	2.18	1.39	2.32	1.28
50-59.....	4.3	3.18	3.29	3.09	1.10	3.07	2.27	2.02	2.59	1.23
60-69.....	4.7	3.04	3.17	2.75	1.13	3.10	1.87	2.60	2.68	1.28
70 and over.....	4.7	3.78	3.55	3.77	1.36	4.09	2.65	2.68	3.44	1.20
20 and over.....	37.1	1.60	1.43	1.40	.34	1.45	.91	.70	.98	.55
All Individuals.....	100.0	1.43	1.28	1.26	.32	1.31	.86	.57	.92	.53

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.



Appendix Table D1.5-1.--Standard Errors for Table 1.5-1.--Grain Products: Mean Intakes per Individual in a Day, by Sex and Age, 1 Day, 1987-88

	:	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:	:
Sex and Age	:	Percent	:	Yeast	:Quick Breads,	Cakes,	: Crackers,	Cereals and	:
(Years)	:	of	Total	Breads	: Pancakes,	Cookies,	: Pastas	Pastas	:
	:	Population:	:	and Rolls	:French Toast	: Pastries,	: Popcorn,	:	Mixtures
	:	:	:	:	:	: Pies	: Pretzels,	:	Mainly
	:	:	:	:	:	:	:Corn Chips	:	Grain
	:	:	:	:	:	:	:	Ready-	:
	:	:	:	:	:	:	:	Total	to-Eat
	:	:	:	:	:	:	:	Cereals	:
	:	:	:	:	:	:	:	:	:

Percent -----Grams-----

Males and Females:

Under 1.....	1.1	8.6	0.7	0.3	1.7	0.4	5.9	0.5	3.5
1-2.....	2.9	8.9	1.8	.9	3.9	.7	5.5	1.7	6.4
3-5.....	4.6	10.5	2.8	1.7	6.5	.6	4.1	2.0	8.2
5 and under.....	8.7	7.8	1.9	1.0	4.6	.5	3.0	1.2	5.6

Males:

6-11.....	4.4	17.3	3.3	2.9	4.8	2.3	10.2	2.1	11.7
12-19.....	5.7	19.5	6.3	7.6	5.8	2.6	11.2	4.1	12.7
20-29.....	8.3	20.6	3.8	3.7	4.4	3.0	9.3	2.2	16.2
30-39.....	8.2	17.4	3.5	4.5	6.9	1.0	5.9	1.7	12.8
40-49.....	5.8	22.6	5.0	3.2	6.5	2.2	10.9	2.3	16.8
50-59.....	4.1	13.8	4.9	3.6	5.1	.8	8.3	1.4	11.0
60-69.....	4.0	13.4	4.2	5.7	5.0	.7	7.7	1.7	10.7
70 and over.....	3.0	16.8	4.8	4.5	8.1	1.3	11.3	2.3	9.0
20 and over.....	33.4	10.1	1.8	2.2	2.9	1.1	5.0	1.1	6.7

Females:

6-11.....	4.6	10.7	3.4	3.6	2.9	.9	7.7	2.3	7.7
12-19.....	6.1	17.7	4.0	2.2	4.2	1.5	8.8	2.2	15.1
20-29.....	8.5	10.6	2.6	2.5	3.5	1.1	5.7	1.0	8.9
30-39.....	8.6	11.3	2.3	2.0	3.4	.9	5.4	2.1	8.9
40-49.....	6.4	10.6	2.5	3.8	3.5	.8	5.9	1.5	8.3
50-59.....	4.3	9.1	2.5	2.5	3.0	.7	5.3	1.3	8.2
60-69.....	4.7	10.5	2.9	2.2	3.8	.8	7.1	1.1	6.7
70 and over.....	4.7	16.3	2.8	3.7	4.2	.6	15.9	1.2	7.3
20 and over.....	37.1	5.6	1.3	1.4	1.7	.5	4.3	.6	3.9

All Individuals.....	100.0	6.3	1.3	1.5	1.9	.6	4.1	.6	4.2
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NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

Appendix Table D1.5-2.--Standard Errors for Table 1.5-2.--Grain Products: Percentage of Individuals Using at Least Once, by Sex and Age, 1 Day, 1987-88

Sex and Age (Years)	Percent of Population	Total	Yeast Breads and Rolls	Quick Breads, Pancakes, French Toast	Cakes, Cookies, Pastries, Pies	Crackers, Popcorn, Pretzels, Corn Chips	Cereals and Pastas	Ready- to-Eat Cereals	Mixtures Mainly Grain
Percent	Percent								
Males and Females:									
Under 1.....	1.1	8.72	1.90	1.23	3.07	5.80	8.62	2.84	1.89
1-2.....	2.9	.50	3.64	1.73	4.99	3.79	3.24	4.32	3.27
3-5.....	4.6	.22	3.89	3.11	4.34	2.62	3.33	3.78	3.40
5 and under.....	8.7	1.34	2.99	1.81	3.32	2.48	2.38	2.68	2.54
Males:									
6-11.....	4.4	.00	3.78	2.61	3.60	3.03	3.22	3.51	4.22
12-19.....	5.7	1.07	3.88	2.85	3.99	2.56	4.29	4.05	4.06
20-29.....	8.3	1.90	3.17	2.74	3.57	2.93	3.20	2.33	3.13
30-39.....	8.2	1.33	2.60	2.53	3.21	1.98	2.52	2.38	2.77
40-49.....	5.8	1.75	3.21	2.95	3.41	2.17	3.15	2.51	3.40
50-59.....	4.1	.60	3.43	3.08	3.62	3.24	3.49	2.94	2.68
60-69.....	4.0	.48	2.37	2.81	2.94	1.94	3.00	3.12	3.91
70 and over.....	3.0	1.70	3.33	3.27	4.68	2.83	4.84	4.19	2.77
20 and over.....	33.4	.75	1.41	1.51	1.74	1.35	1.40	1.19	1.51
Females:									
6-11.....	4.6	.31	3.23	3.32	3.93	2.96	3.51	3.13	3.03
12-19.....	6.1	.92	3.16	2.82	3.34	2.97	3.57	3.34	3.51
20-29.....	8.5	1.24	2.60	1.86	2.52	2.23	2.48	2.14	2.44
30-39.....	8.6	1.31	2.34	2.09	2.26	2.20	2.55	2.02	1.91
40-49.....	6.4	1.34	2.36	2.10	2.46	2.17	2.94	2.12	3.00
50-59.....	4.3	1.09	2.92	2.64	2.95	2.36	3.38	2.68	2.41
60-69.....	4.7	.38	2.07	2.28	3.31	2.68	3.41	3.00	2.37
70 and over.....	4.7	.58	3.33	2.60	3.72	2.52	3.53	3.18	2.76
20 and over.....	37.1	.53	1.33	1.21	1.40	1.24	1.30	.86	1.15
All Individuals.....	100.0	.44	1.17	1.12	1.34	1.00	1.06	.80	1.13

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

Appendix Table D1.6-1.--Standard Errors for Table 1.6-1.--Eggs; Legumes; Nuts and Seeds; Fats and Oils; Sugars and Sweets: Mean Intakes per Individual in a Day, by Sex and Age, 1 Day, 1987-88

Sex and Age (Years)	Percent of Population	Eggs	Legumes	Nuts and Seeds	Fats and Oils			Sugars and Sweets		
					Total	Table Fats	Salad Dressings	Total	Sugars	Candy
<u>Percent</u>		----- <u>Grams</u> -----								
Males and Females:										
Under 1.....	1.1	1.1	95.1	-	0.1	0.1	-	2.9	*	-
1-2.....	2.9	3.5	3.6	0.9	.5	.4	0.2	2.2	0.3	0.9
3-5.....	4.6	1.7	1.6	1.2	.6	.3	.5	4.5	.7	.5
5 and under.....	8.7	1.5	13.2	.8	.4	.3	.3	2.7	.4	.5
Males:										
6-11.....	4.4	3.6	2.2	1.4	1.0	.5	.8	4.0	.4	1.2
12-19.....	5.7	2.8	3.4	1.1	1.4	1.1	.8	5.2	1.1	2.6
20-29.....	8.3	2.9	16.6	2.2	1.6	1.2	1.0	4.1	.4	1.6
30-39.....	8.2	2.8	4.7	1.1	1.6	.9	1.3	5.0	1.0	1.0
40-49.....	5.8	4.0	7.7	.5	1.5	.6	1.4	2.4	1.1	1.2
50-59.....	4.1	3.5	3.4	.8	2.1	.8	2.0	4.0	1.2	.4
60-69.....	4.0	2.2	7.5	1.5	1.9	1.2	1.6	5.1	.7	1.1
70 and over.....	3.0	2.2	8.9	2.0	3.6	1.7	2.7	7.5	1.1	3.5
20 and over.....	33.4	1.4	4.6	.7	1.0	.6	.7	1.9	.4	.7
Females:										
6-11.....	4.6	2.8	2.6	1.7	.8	.4	.6	5.5	.5	.7
12-19.....	6.1	2.7	3.1	1.5	1.2	.5	.9	4.4	.3	1.2
20-29.....	8.5	2.3	4.7	.9	1.8	.7	1.5	2.2	.8	.4
30-39.....	8.6	2.5	3.8	.5	1.2	.7	1.1	1.8	.7	1.2
40-49.....	6.4	2.0	1.7	.7	1.5	.7	.9	3.3	.6	.9
50-59.....	4.3	2.9	6.0	1.2	1.3	.5	1.2	2.0	.4	.8
60-69.....	4.7	2.4	3.5	.7	1.1	.4	.8	3.0	.5	1.1
70 and over.....	4.7	1.9	3.3	.5	3.0	1.1	1.0	2.8	.4	.6
20 and over.....	37.1	1.1	1.9	.3	.9	.4	.6	1.2	.4	.4
All Individuals.....	100.0	.9	2.4	.4	.7	.4	.4	1.4	.3	.4

- None of the individuals in this cell used foods from this group.

\* Value less than .05 but greater than 0.

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

Appendix Table D1.6-2.--Standard Errors for Table 1.6-2.--Eggs; Legumes; Nuts and Seeds; Fats and Oils; Sugars and Sweets: Percentage of Individuals Using at Least Once, by Sex and Age, 1 Day, 1987-88

Sex and Age (Years)	Percentage of Population:	Eggs	Legumes	Nuts and Seeds	Fats and Oils			Sugars and Sweets		
					Total	Table Fats	Salad Dressings	Total	Sugars	Candy
<b>Males and Females:</b>										
Under 1.....	0.3	1.93	5.91	-	2.03	2.03	-	1.35	0.70	-
1-2.....	.7	4.81	1.40	3.44	3.57	3.85	2.40	3.81	3.56	1.34
3-5.....	1.2	2.53	1.21	3.61	3.61	3.81	3.50	4.71	4.11	2.44
5 and under.....	2.2	2.16	1.30	2.45	2.63	2.82	1.89	3.08	2.52	1.45
<b>Males:</b>										
6-11.....	1.1	3.67	1.38	3.32	3.94	4.00	2.50	3.96	3.29	2.21
12-19.....	1.4	3.96	1.51	2.49	4.07	4.31	2.72	4.47	3.14	1.90
20-29.....	2.1	2.97	2.62	2.27	3.00	3.12	2.63	2.76	2.31	1.94
30-39.....	2.1	2.53	1.88	1.78	2.80	3.16	2.56	3.26	3.28	1.46
40-49.....	1.5	3.31	2.07	1.38	3.32	3.38	3.29	3.52	3.25	1.13
50-59.....	1.0	3.15	2.61	1.79	3.89	4.13	3.72	3.69	4.06	2.17
60-69.....	1.0	2.69	2.03	2.39	3.70	3.71	2.91	3.15	3.74	1.98
70 and over.....	.8	3.74	3.71	2.92	3.80	4.55	4.57	4.61	4.04	3.13
20 and over.....	33.4	13.24	9.72	7.31	13.95	13.47	10.39	13.71	12.05	6.38
<b>Females:</b>										
6-11.....	1.2	3.14	2.11	3.17	3.48	3.34	2.15	4.15	2.73	2.02
12-19.....	1.6	2.73	1.89	2.85	4.21	2.67	3.72	3.43	2.37	2.02
20-29.....	2.2	2.54	1.65	1.22	2.51	2.57	2.10	2.40	2.35	1.37
30-39.....	2.2	1.85	1.33	1.43	2.49	2.88	1.87	2.61	2.42	.98
40-49.....	1.6	2.65	1.53	1.96	2.76	3.44	2.24	3.04	3.25	1.69
50-59.....	1.1	2.80	2.55	1.93	2.90	3.20	3.37	3.59	3.28	1.87
60-69.....	1.2	2.91	1.73	1.71	2.55	3.31	2.81	2.98	3.01	1.35
70 and over.....	1.2	3.10	1.57	1.87	4.13	4.11	2.76	3.17	3.05	1.70
20 and over.....	37.2	8.61	6.90	5.67	10.33	9.68	9.02	10.34	10.06	4.63
All Individuals.....	100.0	6.46	4.48	4.26	7.39	7.08	5.62	7.17	6.28	3.29

- None of the individuals in this cell used foods from this group.

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

Appendix Table D1.7-1.--Standard Errors for Table 1.7-1.--Beverages: Mean Intakes per Individual in a Day, by Sex and Age, 1 Day, 1987-88

Sex and Age (Years)	Percent of Population	Total	Alcoholic					Nonalcoholic						
			Total	Wine	Beer and Ale	Total	Coffee	Tea	Fruit Drinks and Aides		Carbonated Soft Drinks			
											Low- Calorie	Total	Regular	Low- Calorie

- None of the individuals in this cell used foods from this group.

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

Appendix Table D1.7-2.--Standard Errors for Table 1.7-2.--Beverages: Percentage of Individuals Using at Least Once, by Sex and Age, 1 Day, 1987-1988

Sex and Age (Years)	Percent of Population	Total	Alcoholic					Nonalcoholic						
			Total	Wine	Ale	Beer	Coffee	Tea	Fruit Drinks and Aides	Regular	Low-Calorie	Total	Regular	Low-Calorie
Males and Females:														
Under 1.....	1.1	1.90	0.00	0.00	0.00	1.90	0.00	1.16	1.42	1.42	0.00	0.00	0.00	0.00
1-2.....	2.9	4.96	.00	.00	.00	4.96	.17	3.02	3.48	3.20	.99	3.95	3.51	1.71
3-5.....	4.6	3.64	.00	.00	.00	3.64	.20	2.68	3.93	3.88	.65	3.92	3.71	1.71
5 and under.....	8.7	2.78	.00	.00	.00	2.78	.12	1.93	2.49	2.37	.57	3.04	2.73	1.40
Males:														
6-11.....	4.4	3.84	.99	.00	.99	3.84	.96	3.20	3.24	2.97	1.69	3.63	3.39	3.13
12-19.....	5.7	2.87	.55	.00	.55	2.85	1.44	3.33	3.03	2.84	1.36	3.17	3.08	2.31
20-29.....	8.3	1.90	2.76	.85	2.84	2.15	3.53	2.39	2.28	2.06	.66	3.31	3.64	1.87
30-39.....	8.2	1.76	2.95	1.15	2.51	1.92	3.28	2.81	1.93	1.75	.92	2.90	2.94	1.89
40-49.....	5.8	1.41	3.31	1.14	3.00	1.65	3.30	3.51	2.07	2.06	.26	3.40	3.36	2.34
50-59.....	4.1	.98	3.23	1.45	1.65	1.10	3.09	3.67	2.19	1.53	1.26	3.57	3.50	1.95
60-69.....	4.0	2.18	3.65	2.19	1.72	2.21	2.94	2.89	1.06	1.03	.29	3.45	2.76	2.58
70 and over.....	3.0	1.52	4.41	2.34	2.39	2.32	4.04	4.00	2.23	2.23	.00	3.90	3.77	2.14
20 and over.....	33.4	.82	1.68	.71	1.38	.85	1.77	1.78	1.10	.95	.33	1.64	1.79	1.01
Females:														
6-11.....	4.6	3.95	.00	.00	.00	3.95	.29	3.02	3.28	3.28	1.89	3.38	3.24	1.66
12-19.....	6.1	3.19	.88	.13	.88	3.20	1.36	2.81	3.14	2.83	.94	3.14	3.29	2.40
20-29.....	8.5	2.06	1.71	1.05	1.24	2.18	2.35	2.67	1.69	1.41	.79	2.87	3.07	1.63
30-39.....	8.6	1.31	2.16	1.24	1.44	1.50	2.52	2.65	1.50	1.45	.39	2.50	2.07	1.92
40-49.....	6.4	1.06	2.31	1.70	.90	1.08	2.55	2.83	1.25	1.13	.69	2.78	2.34	2.28
50-59.....	4.3	1.49	2.06	1.91	1.24	1.91	3.52	2.97	1.44	1.26	.72	3.31	3.27	2.60
60-69.....	4.7	1.81	1.98	1.95	.20	1.81	3.01	2.63	1.96	1.96	.70	2.55	2.02	2.02
70 and over.....	4.7	2.90	1.05	.92	.31	2.90	3.63	3.18	2.21	2.23	.43	2.66	2.32	1.73
20 and over.....	37.1	.81	1.25	.86	.51	.92	1.44	1.61	.81	.76	.30	1.37	1.35	.83
All Individuals.....	100.0	.85	1.00	.54	.63	.87	1.29	1.49	.94	.84	.31	1.23	1.25	.79

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.



Appendix Table D2.1-1.--Standard Errors for Table 2.1-1.--Meat, Poultry, Fish: Mean Intakes per Individual in a Day, by Region,  
1 Day, 1987-88

Region, Sex, and Age (Years)	Percent of Population	Total	Beef	Pork	Lamb, Veal, Game	Organ Meats	Frankfurters, Sausages, Luncheon Meats	Poultry	Fish and Shellfish	Mixtures Mainly Meat, Poultry, Fish
Northeast:										
Males 20 and over...	7.1	16.2	4.5	3.8	0.8	0.2	3.0	4.6	4.2	2.2
Females 20 and over.	8.1	9.5	3.4	2.1	.4	.8	1.5	2.1	1.9	2.0
All Individuals.....	20.8	11.9	3.4	2.4	.3	.3	1.6	2.4	2.2	1.6
Midwest:										
Males 20 and over...	8.1	13.5	6.5	3.2	.4	.2	3.8	3.3	3.1	2.0
Females 20 and over.	9.1	8.3	3.7	2.1	.1	.1	1.3	2.4	1.6	1.4
All Individuals.....	24.8	7.4	4.8	1.9	.2	.1	1.7	1.6	1.5	.9
South:										
Males 20 and over...	11.4	15.3	4.2	2.3	1.1	.4	2.5	5.6	4.9	3.8
Females 20 and over.	12.7	8.1	2.7	1.6	.4	.9	1.2	4.4	3.4	1.9
All Individuals.....	34.2	8.6	2.9	2.2	.5	.5	1.3	3.9	3.1	1.7
West:										
Males 20 and over...	6.8	14.5	3.9	2.4	.4	.2	2.6	5.0	4.0	3.3
Females 20 and over.	7.3	9.5	2.3	2.0	.6	.2	1.3	2.7	2.7	2.8
All Individuals.....	20.2	8.7	2.6	1.7	.4	.1	1.4	2.5	2.3	1.9

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

Appendix Table D2.1-2.--Standard Errors for Table 2.1-2.--Meat, Poultry, Fish: Percentage of Individuals Using at Least Once,  
by Region, 1 Day, 1987-88

Region, Sex, and Age (Years)	Percent of Population:	Total	Beef	Pork	Lamb, Veal, Game	Organ Meats	Frankfurters, Sausages, Luncheon Meats	Poultry	Fish and Shellfish	Mainly Meat, Poultry, Fish	Mixtures
								Total :Chicken:			
Northeast:											
Males 20 and over...	7.1	1.94	2.81	2.75	0.36	0.15	2.49	2.83	2.42	1.40	5.31
Females 20 and over.	8.1	1.93	2.57	1.97	.43	.82	2.29	1.90	1.81	1.57	2.44
All Individuals.....	20.8	1.44	2.64	1.82	.23	.34	1.73	2.30	1.97	1.17	3.28
Midwest:											
Males 20 and over...	8.1	1.35	2.53	2.62	.20	.58	2.86	2.20	1.97	1.39	2.33
Females 20 and over.	9.1	1.46	2.50	1.99	.17	.31	2.64	1.35	1.45	1.54	2.25
All Individuals.....	24.8	1.16	2.44	1.57	.20	.21	1.83	1.32	1.22	.88	1.89
South:											
Males 20 and over...	11.4	1.45	1.94	2.71	.78	.15	2.51	2.46	2.42	1.18	3.17
Females 20 and over.	12.7	1.53	1.76	1.75	.51	.73	2.19	2.15	1.78	.97	1.89
All Individuals.....	34.2	1.37	1.77	1.76	.41	.38	1.65	2.15	1.90	.70	2.64
West:											
Males 20 and over...	6.8	1.58	3.15	2.33	.31	.18	2.59	2.16	2.01	3.05	2.53
Females 20 and over.	7.3	2.13	2.21	2.60	.61	.14	1.60	1.65	1.64	1.68	2.12
All Individuals.....	20.2	.94	2.21	1.71	.34	.10	1.50	1.55	1.63	1.50	2.54

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

Appendix Table D2.2-1.--Standard Errors for Table 2.2-1.--Milk and Milk Products: Mean Intakes per Individual in a Day, by Region, 1 Day, 1987-88

Region, Sex, and Age (Years)	:	:	:	:	Milk and Milk Drinks				:	:
	:	:	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:	:	:
	Percent	:	Total	Total	:	:	:	Milk	:	:
	of	:	:	:	:	:	:	Desserts	:	Cheese
	Population:	:	:	:	Total	Fluid Milk	:	:	:	:
	:	:	:	:	:	:	:	Yogurt	:	:
:	:	:	:	:	:	:	:	:	:	
:	:	:	:	:	Total	Whole	Lowfat/Skim	:	:	
:	:	:	:	:	:	:	:	:	:	
Region	Percent	Grams	Calcium Equivalent	-----Grams-----						
Northeast:										
Males 20 and over...	7.1	22.0	24.2	17.6	17.6	21.8	9.2	3.0	8.1	2.0
Females 20 and over.	8.1	13.5	15.5	11.1	11.2	8.8	9.5	1.6	3.5	1.6
All Individuals.....	20.8	22.9	23.9	19.8	19.3	20.9	11.7	1.5	4.4	1.5
Midwest:										
Males 20 and over...	8.1	17.9	22.0	16.2	14.6	11.1	16.5	2.1	2.6	2.5
Females 20 and over.	9.1	12.3	14.1	11.7	11.0	5.8	10.4	1.8	2.5	1.3
All Individuals.....	24.8	11.3	13.1	10.9	10.0	8.0	12.5	1.2	2.3	1.7
South:										
Males 20 and over...	11.4	26.6	30.0	25.1	23.4	14.9	16.5	2.2	2.0	1.4
Females 20 and over.	12.7	12.6	16.9	10.5	9.2	7.2	7.7	1.5	2.5	1.1
All Individuals.....	34.2	13.5	17.4	12.2	11.2	10.0	10.3	1.2	1.3	.9
West:										
Males 20 and over...	6.8	28.8	37.9	26.4	25.7	15.8	23.2	.8	5.1	2.7
Females 20 and over.	7.3	14.4	18.7	12.5	13.0	8.0	14.9	3.1	2.8	2.7
All Individuals.....	20.2	16.6	17.9	16.9	18.2	17.7	26.5	1.8	3.4	1.8

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

Appendix Table D2.2-2.--Standard Errors for Table 2.2-2.--Milk and Milk Products: Percentage of Individuals Using at Least Once, by Region, 1 Day, 1987-1988

Region, Sex, and Age (Years)	:	:	:	Milk and Milk Drinks				:	:
	:	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:	:
	Percent	:	Total	:	Milk			:	:
	of	:		:	:	:	:	:	:
	Population:	:	:	:	Fluid Milk	:	Desserts:	:	Cheese
	:	:	:	:	:	:	:	:	:
	:	:	Total	:	Yogurt			:	:
	:	:		:	:	:	:	:	:
	:	:		:	:	:	:	:	:
	:	:		:	Total	Whole	Lowfat/Skim:	:	:
	:	:	Total	:	:	:	:	:	:
	:	:		:	:	:	:	:	:
	:	:		:	:	:	:	:	:
	:	:		:	:	:	:	:	:

  

Region	<u>Percent</u>		<u>Percent</u>						
Northeast:									
Males 20 and over...	7.1	1.56	2.04	2.06	5.33	4.45	1.21	3.52	2.22
Females 20 and over.	8.1	2.24	2.21	2.28	4.41	4.16	.63	1.80	1.97
All Individuals.....	20.8	1.28	1.59	1.56	4.63	4.17	.62	2.13	1.81
Midwest:									
Males 20 and over...	8.1	1.97	3.45	3.41	2.48	3.19	1.14	1.97	3.37
Females 20 and over.	9.1	1.67	2.26	2.36	1.66	2.63	.88	1.68	2.25
All Individuals.....	24.8	1.13	2.23	2.38	1.98	3.07	.63	1.59	2.51
South:									
Males 20 and over...	11.4	3.53	2.94	2.82	1.83	2.53	.95	1.69	2.41
Females 20 and over.	12.7	3.16	2.39	2.22	2.10	2.19	.68	1.81	2.27
All Individuals.....	34.2	2.32	1.61	1.68	2.23	1.99	.56	1.19	1.85
West:									
Males 20 and over...	6.8	2.98	3.85	3.92	3.50	4.12	.31	2.78	3.10
Females 20 and over.	7.3	2.53	2.77	3.38	2.36	4.13	1.55	2.09	2.95
All Individuals.....	20.2	1.28	2.48	2.67	4.01	4.55	.90	1.67	1.89

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

Appendix Table D2.3-1.--Standard Errors for Table 2.3-1.--Vegetables: Mean Intakes per Individual in a Day, by Region, 1 Day, 1987-88

Region, Sex, and Age (Years)	Percent of Population	Total Vegetables and Fruits	Vegetables					
			Total	White Potatoes	Tomatoes	Dark-Green Vegetables	Deep-Yellow Vegetables	Other Vegetables
Region	Percent	Grams						
Northeast:								
Males 20 and over...	7.1	11.5	12.4	10.4	4.1	3.4	0.8	6.7
Females 20 and over.	8.1	15.2	8.6	4.1	3.8	3.2	1.2	8.3
All Individuals.....	20.8	13.0	6.4	5.8	2.5	3.1	1.0	4.4
Midwest:								
Males 20 and over...	8.1	13.8	12.8	9.5	4.5	1.7	2.5	4.9
Females 20 and over.	9.1	8.9	7.9	3.1	4.0	2.2	1.1	4.6
All Individuals.....	24.8	7.0	7.3	4.8	2.9	1.4	1.1	2.8
South:								
Males 20 and over...	11.4	12.8	10.5	7.3	5.8	1.9	1.1	8.5
Females 20 and over.	12.7	13.1	7.1	4.4	2.6	1.4	.7	4.9
All Individuals.....	34.2	11.3	7.3	4.6	2.9	1.2	.8	5.6
West:								
Males 20 and over...	6.8	31.5	14.6	9.4	9.0	3.9	1.9	7.2
Females 20 and over.	7.3	24.0	10.9	4.8	5.1	3.3	1.6	6.2
All Individuals.....	20.2	18.8	7.2	5.3	4.2	2.0	1.6	4.0

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

Appendix Table D2.3-2.--Standard Errors for Table 2.3-2.--Vegetables: Percentage of Individuals Using at Least Once, by Region, 1 Day, 1987-88

Region, Sex, and Age (Years)	Percent of Population	Total : Vegetables and Fruits	Vegetables					
			Total	White Potatoes	Tomatoes	Dark-Green Vegetables	Deep-Yellow Vegetables	Other Vegetables
	Percent		Percent					
Northeast:								
Males 20 and over...	7.1	1.51	1.96	3.06	2.57	2.06	0.99	3.60
Females 20 and over.	8.1	.93	1.71	3.03	2.38	2.91	1.70	2.88
All Individuals.....	20.8	1.07	1.66	3.23	2.34	2.49	1.05	3.11
Midwest:								
Males 20 and over...	8.1	1.60	2.04	3.24	2.52	1.93	1.10	2.77
Females 20 and over.	9.1	1.48	2.04	2.28	2.33	1.63	1.24	2.35
All Individuals.....	24.8	.96	1.47	2.08	1.69	1.38	.73	1.88
South:								
Males 20 and over...	11.4	1.04	1.44	3.16	1.82	1.37	1.09	2.29
Females 20 and over.	12.7	1.28	1.34	2.19	1.80	1.19	1.00	1.97
All Individuals.....	34.2	.97	1.19	2.44	1.14	.94	.75	1.52
West:								
Males 20 and over...	6.8	1.74	2.55	3.28	3.37	2.19	2.15	2.66
Females 20 and over.	7.3	1.47	1.51	3.06	2.16	1.59	2.29	2.25
All Individuals.....	20.2	1.07	1.62	2.39	2.21	1.38	2.07	1.77

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.



Appendix Table D2.4-1.--Standard Errors for Table 2.4-1.--Fruits: Mean Intakes per Individual in a Day, by Region, 1 Day, 1987-88

Region, Sex, and Age (Years)	Percent of Population	Total	Citrus Fruits and Juices			Other Fruits, Mixtures, Juices				
			Total	Dried Fruits	Total	Apples	Bananas	Other Fruits and Mixtures	Noncitrus Juices and Mainly Fruit	Nectars
Region	Percent		-----Grams-----							
Northeast:										
Males 20 and over...	7.1	10.9	11.0	11.0	0.2	6.0	2.5	1.1	4.1	5.5
Females 20 and over.	8.1	11.4	8.5	8.0	.3	7.3	3.2	1.8	5.6	3.1
All Individuals.....	20.8	10.7	9.3	9.0	.2	6.9	2.8	1.2	3.9	4.5
Midwest:										
Males 20 and over...	8.1	11.1	7.8	7.0	.2	6.5	3.5	1.6	4.2	2.0
Females 20 and over.	9.1	9.0	6.0	5.9	.2	6.5	2.9	1.6	3.3	4.5
All Individuals.....	24.8	7.1	4.8	4.0	.2	4.1	2.0	1.0	2.1	2.8
South:										
Males 20 and over...	11.4	9.2	6.0	5.5	.5	7.5	3.0	1.4	4.7	2.6
Females 20 and over.	12.7	8.7	5.3	4.9	.1	5.6	1.6	1.0	3.5	3.3
All Individuals.....	34.2	8.3	4.6	4.6	.2	6.1	1.9	1.0	3.0	2.6
West:										
Males 20 and over...	6.8	19.9	9.7	10.3	.2	14.7	5.1	3.4	8.1	2.2
Females 20 and over.	7.3	16.5	8.3	8.4	.8	13.2	3.8	1.5	8.4	4.6
All Individuals.....	20.2	13.1	7.2	7.6	.3	10.9	3.4	2.0	5.8	3.6

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

Appendix Table D2.4-2.--Standard Errors for Table 2.4-2.--Fruits: Percentage of Individuals Using at Least Once, by Region, 1 Day, 1987-88

Region, Sex, and Age (Years)	Percent of Population	Total	Citrus Fruits and Juices		Dried Fruits	Other Fruits, Mixtures, Juices				
			Total	Juices		Total	Apples	Bananas	Other Fruits and Mixtures	Noncitrus Juices and Nectars
Region	Percent	-----Percent-----								
Northeast:										
Males 20 and over...	7.1	2.94	4.36	4.20	0.41	1.68	1.70	1.27	1.56	1.06
Females 20 and over.	8.1	1.85	3.56	3.47	.57	2.44	2.02	1.77	1.57	1.37
All Individuals.....	20.8	2.43	3.62	3.55	.37	2.16	1.49	1.13	1.73	1.62
Midwest:										
Males 20 and over...	8.1	3.79	2.74	2.10	.82	3.10	1.98	1.49	2.21	.80
Females 20 and over.	9.1	2.57	2.31	2.30	.64	2.54	1.92	1.64	1.49	.93
All Individuals.....	24.8	2.14	1.76	1.62	.99	1.99	1.84	.98	1.24	.90
South:										
Males 20 and over...	11.4	3.25	2.32	1.97	.94	2.84	1.23	1.23	1.77	.73
Females 20 and over.	12.7	3.10	2.23	2.00	.22	2.46	1.17	.96	1.47	.84
All Individuals.....	34.2	2.38	1.69	1.53	.38	2.24	1.13	.81	1.36	.69
West:										
Males 20 and over...	6.8	4.17	2.67	2.95	.45	4.20	2.47	2.84	3.21	1.18
Females 20 and over.	7.3	2.61	2.14	2.57	1.10	3.62	2.28	1.34	2.73	1.31
All Individuals.....	20.2	3.05	1.84	2.11	.55	3.47	2.26	1.70	2.43	1.11

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

Appendix Table D2.5-1.--Standard Errors for Table 2.5-1.--Grain Products: Mean Intakes per Individual in a Day,  
by Region, 1 Day, 1987-88

Region, Sex, and Age (Years)	Percent of Population	Total	Yeast Breads and Rolls	Quick Breads, Pancakes, French Toast	Cakes, Cookies, Pastries, Pies	Crackers, Popcorn, Pretzels, Corn Chips	Cereals and Pastas	Total	Ready- to-Eat Cereals	Mixtures Mainly Grain
Northeast:										
Males 20 and over...	7.1	19.9	4.2	1.8	5.5	1.0	5.8	1.5	13.3	
Females 20 and over.	8.1	9.3	2.6	1.2	4.4	1.1	4.1	1.0	9.5	
All Individuals.....	20.8	11.7	3.1	1.1	3.8	1.3	4.3	1.0	8.6	
Midwest:										
Males 20 and over...	8.1	15.6	3.1	4.4	3.8	1.4	5.9	1.3	11.8	
Females 20 and over.	9.1	8.4	2.2	1.3	2.7	.7	5.0	.7	6.9	
All Individuals.....	24.8	8.6	2.0	1.9	3.2	.7	3.9	.7	7.4	
South:										
Males 20 and over...	11.4	20.7	3.3	4.4	4.9	1.5	12.4	1.3	12.2	
Females 20 and over.	12.7	10.9	2.0	2.9	2.5	1.0	10.2	1.2	5.4	
All Individuals.....	34.2	13.8	2.1	3.3	2.8	.8	10.1	1.1	6.7	
West:										
Males 20 and over...	6.8	18.8	3.2	3.5	9.1	4.4	7.2	4.3	15.2	
Females 20 and over.	7.3	15.3	2.6	4.1	3.4	.6	9.1	1.6	10.0	
All Individuals.....	20.2	11.9	3.1	2.7	5.4	1.8	6.9	2.1	10.1	

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

Appendix Table D2.5-2.--Standard Errors for Table 2.5-2.--Grain Products: Percentage of Individuals Using at Least Once, by Region, 1 Day, 1987-88

Region, Sex, and Age (Years)	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	Cereals and	:
	:	:	:	:	:	Cakes,	Crackers,	Pastas
	Percent	:	Yeast	:Quick Breads,	Cookies,	Popcorn,	Mixtures	
	of	Total	Breads	Pancakes,	Pastries,	Pretzels,	:	Mainly
	Population:	:	and Rolls	French Toast	Pies	Corn Chips	:	Ready-
	:	:	:	:	:	:	Total	to-Eat
	:	:	:	:	:	:	Cereals	:

Region	Percent	Percent	Percent	Percent	Percent	Percent	Percent	Percent	Percent
Northeast:									
Males 20 and over...	7.1	1.58	3.71	1.80	3.24	2.15	1.80	2.69	2.80
Females 20 and over.	8.1	1.44	2.69	1.54	4.15	2.86	2.32	1.76	2.56
All Individuals.....	20.8	1.06	2.89	1.47	2.98	2.30	1.86	1.76	2.13
Midwest:									
Males 20 and over...	8.1	1.21	2.13	2.36	2.70	2.94	2.60	2.00	2.33
Females 20 and over.	9.1	.69	2.15	1.42	2.12	2.08	2.13	1.86	2.70
All Individuals.....	24.8	.57	1.51	1.45	2.17	1.81	1.77	1.58	2.28
South:									
Males 20 and over...	11.4	1.65	2.51	2.74	3.23	2.63	3.10	1.72	2.92
Females 20 and over.	12.7	.76	2.10	2.63	1.70	2.42	2.66	1.67	1.77
All Individuals.....	34.2	.96	2.17	2.18	2.11	1.86	2.17	1.49	2.03
West:									
Males 20 and over...	6.8	.35	2.18	2.38	4.29	2.10	2.75	3.35	3.84
Females 20 and over.	7.3	1.43	3.07	2.77	2.81	2.34	2.70	1.41	1.82
All Individuals.....	20.2	.62	2.52	2.22	3.43	2.01	1.80	1.57	2.10

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

Appendix Table D2.6-1.--Standard Errors for Table 2.6-1.--Eggs; Legumes; Nuts and Seeds; Fats and Oils; Sugars and Sweets: Mean Intakes per Individual in a Day, by Region, 1 Day, 1987-88

Region, Sex, and Age (Years)	:	:	:	:	:	Fats and Oils			Sugars and Sweets		
	:	:	:	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:	:	:	:
	Percent	:	:	Nuts	:	:	:	:	:	:	:
	of	:	Eggs	Legumes	and	:	:	:	:	:	:
	Population:	:	:	:	Seeds	:	:	:	:	:	:
:	:	:	:	:	:	Total	Table	Salad	Total	Sugars	Candy
:	:	:	:	:	:	:	Fats	Dressings	:	:	:
:	:	:	:	:	:	:	:	:	:	:	:
:	:	:	:	:	:	:	:	:	:	:	:
<hr/>											
Region	<u>Percent</u>	<u>Grams</u> -----									
Northeast:											
Males 20 and over...	7.1	2.6	3.8	1.1	2.4	1.1	1.6	2.6	0.8	0.9	
Females 20 and over.	8.1	2.9	2.0	.7	1.5	1.2	.9	1.6	.4	.9	
All Individuals.....	20.8	2.1	2.4	.7	1.5	1.0	.9	1.5	.3	.7	
Midwest:											
Males 20 and over...	8.1	1.9	3.2	1.0	1.9	1.3	1.7	4.9	.8	1.8	
Females 20 and over.	9.1	1.6	4.2	.7	2.4	.7	1.4	2.4	.3	.9	
All Individuals.....	24.8	1.1	2.4	.7	1.4	.7	1.0	2.2	.4	.8	
South:											
Males 20 and over...	11.4	2.9	11.9	1.5	1.0	.8	.7	2.1	.9	.7	
Females 20 and over.	12.7	2.1	3.8	.5	1.0	.3	.9	1.8	.8	.8	
All Individuals.....	34.2	1.8	6.1	.6	.7	.4	.5	1.8	.5	.6	
West:											
Males 20 and over...	6.8	2.8	5.8	1.3	2.7	.9	2.1	4.5	.5	1.8	
Females 20 and over.	7.3	1.5	2.6	.7	2.0	.6	1.3	3.6	.5	.6	
All Individuals.....	20.2	1.4	2.5	.9	1.9	.7	1.3	5.0	.4	.8	

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

Appendix Table D2.6-2.--Standard Errors for Table 2.6-2.--Eggs; Legumes; Nuts and Seeds; Fats and Oils; Sugars and Sweets: Percentage of Individuals Using at Least Once, by Region, 1 Day, 1987-88

Region, Sex, and Age (Years)	:	:	:	:	:	Fats and Oils			Sugars and Sweets		
	:	:	:	:	:	:	:	:	:	:	:
	Percentage	:	:	:	:	:	:	:	:	:	:
	of	Eggs	Legumes	Nuts	:	:	:	:	:	:	:
(Years)	Population:	:	:	and	Seeds	:	:	:	:	:	:
:	:	:	:	:	:	Total	Table	Salad	Total	Sugars	Candy
:	:	:	:	:	:	Fats	Dressings	:	:	:	:
:	:	:	:	:	:	:	:	:	:	:	:
Region	<u>Percent</u>	<u>Percent</u>									
Northeast:											
Males 20 and over...	1.8	2.25	1.95	1.40	3.17	2.33	3.45	2.60	2.91	1.69	
Females 20 and over.	2.0	2.65	1.51	1.03	2.05	2.72	1.82	2.95	3.39	1.64	
All Individuals.....	5.3	2.00	1.33	1.28	2.26	2.26	1.82	1.77	2.34	1.49	
Midwest:											
Males 20 and over...	2.1	1.98	1.72	1.72	2.86	3.71	2.69	2.67	2.83	1.91	
Females 20 and over.	2.3	2.05	1.63	1.73	2.63	2.83	2.31	2.82	2.42	1.15	
All Individuals.....	6.3	1.58	.98	1.59	2.06	2.67	1.58	1.83	1.92	1.38	
South:											
Males 20 and over...	2.9	2.76	2.20	2.02	2.70	2.83	2.05	3.26	2.67	1.33	
Females 20 and over.	3.2	2.48	1.42	1.01	2.24	2.27	1.39	2.17	2.42	1.29	
All Individuals.....	8.7	1.97	1.49	1.11	1.88	1.68	1.27	1.99	1.68	.94	
West:											
Males 20 and over...	1.7	3.64	1.31	2.19	3.18	4.25	3.07	3.11	2.71	2.07	
Females 20 and over.	1.9	1.81	.95	1.81	3.80	4.02	2.32	3.73	3.06	2.08	
All Individuals.....	5.1	2.37	.79	1.92	3.97	4.05	2.47	3.97	1.86	1.56	

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.



Appendix Table D2.7-1.--Standard Errors for Table 2.7-1.--Beverages: Mean Intakes per Individual in a Day, by Region, 1 Day,  
1987-88

Region, Sex, and Age (Years)	Percent of Population:	Total	Alcoholic					Nonalcoholic						
			Total:	Wine	Beer and Ale	Total:	Coffee:	Tea	Fruit Drinks and Ades			Carbonated Soft Drinks		
									Total:	Regular:	Low- Calorie	Total	Regular:	Low- Calorie

Region	Percent	-----Grams-----													
Northeast:															
Males 20 and over...	7.1	64.5	20.8	4.5	22.0	55.7	37.4	12.9	6.9	6.4	1.3	30.1	33.5	9.9	
Females 20 and over.	8.1	45.3	6.1	4.3	2.9	44.7	39.9	14.5	4.4	3.8	2.8	18.2	19.4	8.0	
All Individuals.....	20.8	33.9	8.2	3.0	7.4	32.1	23.7	7.5	5.3	5.2	1.2	20.4	21.2	7.2	
Midwest:															
Males 20 and over...	8.1	47.0	15.2	2.8	11.1	49.1	40.7	16.6	3.5	3.3	1.1	19.1	18.8	17.3	
Females 20 and over.	9.1	36.7	9.0	1.5	7.5	35.1	30.6	13.1	3.0	2.9	1.0	15.8	15.8	12.9	
All Individuals.....	24.8	26.9	7.4	1.0	5.8	27.9	22.4	11.4	4.6	3.9	1.7	13.3	13.0	10.2	
South:															
Males 20 and over...	11.4	75.1	29.4	2.6	27.8	65.6	36.1	23.9	15.0	10.9	5.4	28.4	26.2	8.3	
Females 20 and over.	12.7	42.3	9.5	4.6	5.9	43.7	20.1	24.9	10.0	8.6	4.1	21.2	17.4	8.7	
All Individuals.....	34.2	41.8	13.4	2.6	11.6	38.3	19.9	19.5	13.2	11.7	3.4	18.4	13.7	8.5	
West:															
Males 20 and over...	6.8	60.8	66.4	3.7	63.5	42.2	41.7	16.8	27.6	26.4	6.8	29.6	25.0	18.9	
Females 20 and over.	7.3	51.2	15.9	12.2	10.9	47.4	41.2	18.7	12.5	12.0	1.2	17.5	19.1	10.7	
All Individuals.....	20.2	36.8	26.7	5.0	25.0	26.4	30.8	14.0	12.3	11.7	2.3	16.6	16.3	9.4	

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

Appendix Table D2.7-2.--Standard Errors for Table 2.7-2.--Beverages: Percentage of Individuals Using at Least Once, by Region, 1 Day, 1987-88

Region, Sex, and Age (Years)	:	:	:	Alcoholic					Nonalcoholic					
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NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

Appendix Table D3.1-1.--Standard Errors for Table 3.1-1.--Meat, Poultry, Fish: Mean Intakes per Individual in a Day, by Income Level and Race, 1 Day, 1987-88

Income, Race, Sex, and Age (Years)	Percent of Population	Total	Beef	Pork	Lamb, Veal, Game	Organ Meats	Frankfurters, Sausages, Luncheon Meats	Poultry Total	Chicken	Fish and Shellfish	Mixtures Mainly Meat, Poultry, Fish
<div> <div>Percent</div> <div>-----Grams-----</div> </div>											
Income Level											
Under 131% Poverty:											
Males 20 and over...	3.4	14.5	5.8	4.7	1.4	1.2	2.6	7.7	5.0	4.7	12.4
Females 20 and over.	5.7	8.8	4.3	2.1	.3	1.8	1.9	5.4	4.6	2.8	7.7
All Individuals.....	15.4	7.0	2.9	2.9	.5	.9	2.1	4.2	3.3	2.0	6.6
131-300% Poverty:											
Males 20 and over...	8.8	13.3	4.1	2.3	.4	.2	2.3	4.7	4.0	4.1	13.1
Females 20 and over.	9.6	6.2	2.6	1.0	.3	.4	1.2	2.0	1.8	1.6	6.7
All Individuals.....	28.0	6.7	2.2	1.1	.2	.3	1.1	2.1	1.9	1.9	7.6
Over 300% Poverty:											
Males 20 and over...	15.5	11.9	4.6	1.8	.8	.1	2.7	3.0	2.8	2.0	10.6
Females 20 and over.	15.1	7.3	3.0	1.0	.4	.5	1.1	2.3	2.1	1.8	6.6
All Individuals.....	39.9	7.2	3.6	1.0	.4	.2	1.5	2.1	1.9	1.3	6.4
Race											
White:											
Males 20 and over...	28.6	8.7	2.5	1.4	.5	.1	1.6	2.3	2.0	1.5	7.2
Females 20 and over.	31.4	4.7	1.8	.9	.2	.3	.8	1.3	1.1	1.2	4.2
All Individuals.....	82.8	5.1	1.9	.8	.2	.2	.9	1.4	1.2	.9	4.7
Black:											
Males 20 and over...	3.4	19.6	8.0	5.3	1.1	1.1	4.2	9.3	9.0	10.4	15.4
Females 20 and over.	4.2	11.5	5.7	2.9	.3	1.7	1.9	7.5	5.2	4.1	8.0
All Individuals.....	12.2	10.2	4.0	4.7	.3	.7	2.2	5.2	4.1	3.6	7.8

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

Appendix Table D3.1-2.--Standard Errors for Table 3.1-2.--Meat, Poultry, Fish: Percentage of Individuals Using at Least Once,  
by Income Level and Race, 1 Day, 1987-88

Income, Race, Sex, and Age (Years)	Percent of Population	Total	Beef	Pork	Lamb, Veal, Game	Organ Meats	Frankfurters, Sausages, Luncheon Meats	Poultry Total	Chicken	Fish and Shellfish	Mixtures Mainly Meat, Poultry, Fish
<hr/>											
	<u>Percent</u>						<u>Percent</u>				
<hr/>											
Income Level											
Under 131% Poverty:											
Males 20 and over...	3.4	2.79	2.98	3.09	1.31	0.44	4.35	2.94	2.73	1.90	2.86
Females 20 and over.	5.7	1.34	3.22	2.39	.23	1.43	2.50	2.80	2.68	1.82	2.45
All Individuals.....	15.4	1.31	2.44	2.12	.43	.63	2.34	2.50	2.39	1.22	2.06
131-300% Poverty:											
Males 20 and over...	8.8	1.41	2.74	2.65	.29	.14	2.22	2.39	2.07	1.44	3.20
Females 20 and over.	9.6	1.59	2.23	1.46	.35	.48	2.06	1.66	1.51	1.26	1.89
All Individuals.....	28.0	1.00	1.77	1.38	.20	.35	1.50	1.62	1.52	1.08	2.18
Over 300% Poverty:											
Males 20 and over...	15.5	1.38	1.87	1.73	.34	.34	1.89	1.72	1.61	1.46	2.85
Females 20 and over.	15.1	1.34	1.92	1.65	.37	.53	1.77	1.64	1.66	1.19	1.70
All Individuals.....	39.9	1.00	1.74	1.29	.27	.24	1.44	1.39	1.33	.92	1.78
Race											
White:											
Males 20 and over...	28.6	.88	1.35	1.23	.33	.20	1.32	1.16	1.01	.96	1.45
Females 20 and over.	31.4	.86	1.09	.94	.28	.28	1.03	1.01	.88	.80	1.17
All Individuals.....	82.8	.53	.73	.64	.16	.14	.70	.65	.57	.49	.81
Black:											
Males 20 and over...	3.4	3.05	3.98	4.63	1.14	.33	4.55	4.66	4.56	2.35	4.55
Females 20 and over.	4.2	1.91	2.71	3.09	.16	1.27	2.81	3.24	3.07	2.19	2.89
All Individuals.....	12.2	1.41	1.84	2.07	.33	.46	2.11	2.14	2.01	1.27	2.07

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

Appendix Table D3.2-1.--Standard Errors for Table 3.2-1.--Milk and Milk Products: Mean Intakes per Individual in a Day, by  
Income Level and Race, 1 Day, 1987-88

	:	:	:	:					:	:
	:	:	:	:					:	:
	:	:	:	:	Milk and Milk Drinks				:	:
	:	:	:	:					:	:
Income, Race,	:	:	:	:					:	:
Sex, and Age	:	Percent	:	:					:	:
(Years)	:	of	:	Total	:	Total	:	:	Milk	:
	:	Population:	:	:	:	:	:	:	Desserts	Cheese
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- None of the individuals in this cell used foods from this group.

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

Appendix Table D3.2-2.--Standard Errors for Table 3.2-2.--Milk and Milk Products: Percentage of Individuals Using at Least Once, by Income Level and by Race, 1 Day, 1987-1988

	:	:	:					:	:	:
	:	:	:					:	:	:
	:	:	:	Milk and Milk Drinks				:	:	:
	:	:	:					:	:	:
Income, Race,	Percent	:	:					:	Milk	:
Sex, and Age	of	:	Total	:	:	:	:	Desserts:	Cheese	:
(Years)	Population:	:	:	:	Fluid Milk		:	:	:	:
	:	:	:	Total			:	Yogurt	:	:
	:	:	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:	:	:
	:	:	:	:	Total	Whole	Lowfat/Skim:	:	:	:
	:	:	:	:	:	:	:	:	:	:
<hr/>										
	<u>Percent</u>	-----				<u>Percent</u>	-----			
Income Level										
Under 131% Poverty:										
Males 20 and over...	3.4	4.21	3.76	3.62	2.69	2.59	0.34	1.43	3.24	
Females 20 and over.	5.7	2.57	2.58	2.86	2.97	2.48	.29	1.99	2.03	
All Individuals.....	15.4	2.04	2.01	2.28	2.44	2.35	.21	1.59	1.76	
131-300% Poverty:										
Males 20 and over...	8.8	2.58	2.90	2.94	2.92	2.35	.19	2.21	2.45	
Females 20 and over.	9.6	2.08	2.16	2.27	2.32	2.48	.59	1.63	2.08	
All Individuals.....	28.0	1.42	1.63	1.67	2.29	2.39	.31	1.24	1.81	
Over 300% Poverty:										
Males 20 and over...	15.5	2.01	2.64	2.78	2.34	2.28	1.00	1.81	1.99	
Females 20 and over.	15.1	1.79	2.02	2.10	1.82	2.31	.84	1.51	1.82	
All Individuals.....	39.9	1.30	1.85	1.96	2.24	2.28	.69	1.30	1.45	
Race										
White:										
Males 20 and over...	28.6	1.23	1.46	1.48	1.27	1.36	.51	1.11	1.38	
Females 20 and over.	31.4	1.05	1.24	1.25	1.05	1.18	.50	.89	1.16	
All Individuals.....	82.8	.65	.79	.80	.75	.78	.31	.63	.75	
Black:										
Males 20 and over...	3.4	4.83	4.74	4.68	4.16	2.32	.00	1.82	3.50	
Females 20 and over.	4.2	3.35	3.24	3.23	2.95	1.21	.20	1.66	2.24	
All Individuals.....	12.2	2.19	2.25	2.27	2.08	1.04	.53	1.35	1.75	

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.



Appendix Table D3.3-1.--Standard Errors for Table 3.3-1.--Vegetables: Mean Intakes per Individual in a Day, by Income Level and Race, 1 Day, 1987-88

Income, Race, Sex, and Age (Years)	Percent	Total	Vegetables					
	of	Vegetables	Total	White	Tomatoes	Dark-Green	Deep-Yellow	Other
	Population	and Fruits	Potatoes	Potatoes		Vegetables	Vegetables	Vegetables
	Percent	Grams						
Income Level								
Under 131% Poverty:								
Males 20 and over...	3.4	28.3	21.1	14.0	5.9	3.6	1.2	9.0
Females 20 and over.	5.7	16.3	8.7	4.6	3.2	2.3	1.0	5.8
All Individuals.....	15.4	13.3	8.6	4.9	2.8	2.4	1.0	4.0
131-300% Poverty:								
Males 20 and over...	8.8	18.6	11.9	7.3	7.1	3.4	2.0	8.9
Females 20 and over.	9.6	11.8	7.9	3.5	4.3	2.2	1.4	5.4
All Individuals.....	28.0	11.5	6.6	3.9	2.7	1.7	1.4	4.5
Over 300% Poverty:								
Males 20 and over...	15.5	10.8	8.3	6.0	4.7	1.6	1.6	4.8
Females 20 and over.	15.1	9.7	6.8	2.9	3.3	2.2	.9	4.7
All Individuals.....	39.9	8.0	5.3	3.8	2.8	1.6	1.0	3.3
Race								
White:								
Males 20 and over...	28.6	9.6	6.8	4.8	3.2	1.5	1.1	3.5
Females 20 and over.	31.4	8.4	4.8	2.5	2.1	1.4	.6	3.5
All Individuals.....	82.8	7.1	3.8	2.8	1.8	1.1	.6	2.3
Black:								
Males 20 and over...	3.4	39.1	21.6	15.2	7.2	4.3	1.5	14.1
Females 20 and over.	4.2	20.2	11.8	4.8	2.6	2.9	1.5	8.4
All Individuals.....	12.2	25.8	15.0	6.4	2.4	2.4	2.0	12.3

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

Appendix Table D3.3-2.--Standard Errors for Table 3.3-2.--Vegetables: Percentage of Individuals Using at Least Once, by Income Level and Race, 1 Day, 1987-88

Income, Race, Sex, and Age (Years)	:	:	:	Vegetables					
	:	:	:						
	:	:	:						
	Percentage	Total							
of	Vegetables								
Population	and Fruits		Total	White	Tomatoes	Dark-Green	Deep-Yellow	Other	
:	:	:	:	Potatoes	:	Vegetables	Vegetables	Vegetables	
:	:	:	:	:	:	:	:	:	
:	:	:	:	:	:	:	:	:	
<u>Percent</u>			<u>Percent</u>						
Income Level									
Under 131% Poverty:									
Males 20 and over...	3.4	1.47	1.68	3.74	2.74	1.90	0.97	3.15	
Females 20 and over.	5.7	2.19	2.61	3.02	2.40	1.41	1.79	3.16	
All Individuals.....	15.4	1.75	1.93	2.38	1.78	1.56	1.05	2.22	
131-300% Poverty:									
Males 20 and over...	8.8	1.49	1.79	2.69	2.43	1.50	1.40	2.19	
Females 20 and over.	9.6	1.17	1.67	2.59	2.03	1.48	1.67	2.15	
All Individuals.....	28.0	.82	1.21	2.08	1.50	1.09	1.41	1.61	
Over 300% Poverty:									
Males 20 and over...	15.5	1.17	1.48	2.26	1.97	1.45	1.17	2.12	
Females 20 and over.	15.1	1.24	1.55	1.89	1.93	1.47	1.08	1.84	
All Individuals.....	39.9	.83	1.09	1.92	1.67	1.32	.91	1.69	
Race									
White:									
Males 20 and over...	28.6	.81	1.07	1.49	1.41	.90	.88	1.45	
Females 20 and over.	31.4	.77	.95	1.25	1.15	.80	.76	1.22	
All Individuals.....	82.8	.48	.62	.83	.75	.48	.47	.82	
Black:									
Males 20 and over...	3.4	3.33	3.44	4.79	4.41	3.16	2.12	4.83	
Females 20 and over.	4.2	2.17	2.46	3.10	2.80	2.47	1.63	3.23	
All Individuals.....	12.2	1.61	1.79	2.22	1.84	1.34	1.27	2.24	

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

Appendix Table D3.4-1.--Standard Errors for Table 3.4-1.--Fruits: Mean Intakes per Individual in a Day, by Income Level and Race, 1 Day, 1987-88

Income, Race, Sex, and Age (Years)	:	:	:	:	:	Other Fruits, Mixtures, Juices					
	:	:	:	Citrus Fruits	:	:					
	:	:	:	and Juices	:	:					
	:	Percent	:	:	:	Dried					
	:	of	Total	:	:	Fruits	:	:	:	:	
	:	Population	:	:	:	:	:	:	Other Fruits	Noncitrus	
	:	:	:	Total	Juices	:	Total	Apples	Bananas	and Mixtures	Juices and
:	:	:	:	:	:	:	:	:	Mainly Fruit	Nectars	
:	:	:	:	:	:	:	:	:	:	:	
Percent			-----Grams-----								
Income Level											
Under 131% Poverty:											
Males 20 and over...	3.4	13.3	10.4	8.8	0.4	6.3	2.7	2.5	3.3	1.7	
Females 20 and over.	5.7	13.8	9.0	9.2	.4	9.2	2.0	1.4	7.4	3.1	
All Individuals.....	15.4	9.6	6.5	6.5	.2	5.1	1.5	1.1	3.2	1.9	
131-300% Poverty:											
Males 20 and over...	8.8	10.8	6.6	6.1	.2	7.7	3.7	1.3	3.5	2.9	
Females 20 and over.	9.6	9.6	4.7	4.6	.2	7.3	1.7	1.4	4.0	4.5	
All Individuals.....	28.0	8.3	4.6	4.2	.1	5.6	2.1	.9	2.4	3.1	
Over 300% Poverty:											
Males 20 and over...	15.5	8.3	7.1	7.1	.4	5.9	2.5	1.4	4.0	2.4	
Females 20 and over.	15.1	6.6	4.5	4.1	.2	5.5	2.6	1.4	3.4	3.4	
All Individuals.....	39.9	6.4	5.0	4.8	.2	4.6	2.0	1.1	2.8	2.3	
Race											
White:											
Males 20 and over...	28.6	6.7	4.9	4.7	.2	4.4	1.7	1.0	3.1	1.5	
Females 20 and over.	31.4	6.0	3.5	3.3	.1	4.5	1.6	.8	2.9	2.0	
All Individuals.....	82.8	5.5	3.6	3.3	.1	3.8	1.3	.7	2.2	1.7	
Black:											
Males 20 and over...	3.4	30.5	20.7	20.6	.5	19.7	6.2	2.4	6.5	12.9	
Females 20 and over.	4.2	15.8	10.8	11.1	1.4	9.3	2.5	2.4	4.0	6.8	
All Individuals.....	12.2	16.8	11.4	11.5	.5	9.6	2.8	1.3	3.6	7.5	

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

Appendix Table D3.4-2.--Standard Errors for Table 3.4-2.--Fruits: Percentage of Individuals Using at Least Once, by Income Level and Race, 1 Day, 1987-88

Income, Race, Sex, and Age (Years)	Percentage of Population	Total	Citrus Fruits and Juices		Dried Fruits	Other Fruits, Mixtures, Juices				
			Total	Juices		Total	Apples	Bananas	and Mixtures Mainly Fruit	Noncitrus Juices and Nectars
Income Level										
Under 131% Poverty:										
Males 20 and over...	3.4	3.59	2.93	2.54	0.45	3.07	1.82	2.45	1.39	0.57
Females 20 and over.	5.7	3.29	2.55	2.58	.35	2.68	1.68	1.57	1.69	1.10
All Individuals.....	15.4	2.53	2.03	2.03	.23	2.14	1.15	1.15	1.25	.73
131-300% Poverty:										
Males 20 and over...	8.8	3.48	2.46	2.26	.25	2.68	1.50	1.17	1.68	.71
Females 20 and over.	9.6	2.46	2.19	2.09	.49	2.20	1.06	1.24	1.67	1.29
All Individuals.....	28.0	2.31	1.86	1.70	.30	2.06	1.42	.83	1.14	.93
Over 300% Poverty:										
Males 20 and over...	15.5	2.23	2.56	2.49	.80	2.06	1.39	1.22	1.71	.80
Females 20 and over.	15.1	1.96	1.79	1.79	.56	2.03	1.69	1.33	1.37	.99
All Individuals.....	39.9	1.68	1.84	1.79	.66	1.66	1.37	.89	1.38	.71
Race										
White:										
Males 20 and over...	28.6	1.49	1.32	1.24	.37	1.38	.88	.86	1.13	.53
Females 20 and over.	31.4	1.26	1.13	1.06	.35	1.21	.81	.80	.97	.58
All Individuals.....	82.8	.83	.74	.70	.23	.80	.56	.50	.62	.41
Black:										
Males 20 and over...	3.4	4.67	4.05	4.02	1.56	3.73	2.64	2.20	2.33	2.71
Females 20 and over.	4.2	3.33	2.87	2.55	1.29	2.87	1.51	1.96	1.80	1.96
All Individuals.....	12.2	2.26	1.88	1.79	.63	2.01	1.22	1.04	1.43	1.43

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

Appendix Table D3.5-1.--Standard Errors for Table 3.5-1.--Grain Products: Mean Intakes per Individual in a Day,  
by Income Level and Race, 1 Day, 1987-88

	:	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	Cereals and	:
	:	:	:	:	:	Cakes,	Crackers,	Pastas	:
Income, Race,	Percent	:	Yeast	Quick Breads,	Cookies,	Popcorn,	Pretzels,		Mixtures
Sex, and Age	of	Total	Breads	Pancakes,	Pastries,			:	Mainly
(Years)	Population:	:	and Rolls	French Toast	Pies	Corn Chips		Ready-	Grain
	:	:	:	:	:	:	Total	to-Eat	:
	:	:	:	:	:	:	:	Cereals	:
	:	:	:	:	:	:	:	:	:
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Appendix Table D3.5-2.--Standard Errors for Table 3.5-2.--Grain Products: Percentage of Individuals Using at Least Once, by Income Level and by Race, 1 Day, 1987-88

	:	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	Cereals and	:
	:	:	:	:	:	: Cakes,	: Crackers,	Pastas	:
Income, Race,	Percentage:	Total	Yeast	Quick Breads,	Cookies,	Popcorn,		Mixtures	
Sex, and Age	of		Breads	Pancakes,	Pastries,	Pretzels,	:	Mainly	
(Years)	Population:		and Rolls	French Toast	Pies	Corn Chips	Total	Ready-	Grain
	:	:	:	:	:	:	:	to-Eat	:
	:	:	:	:	:	:	:	Cereals	:
	:	:	:	:	:	:	:	:	:
	<u>Percent</u>				<u>Percent</u>				
Income Level									
Under 131% Poverty:									
Males 20 and over...	3.4	1.06	3.26	3.01	3.31	2.16	3.45	2.66	2.96
Females 20 and over.	5.7	1.24	2.65	2.64	2.72	1.89	3.39	2.28	2.33
All Individuals.....	15.4	.84	2.15	2.47	2.51	1.39	2.15	1.98	2.09
131-300% Poverty:									
Males 20 and over...	8.8	1.15	2.74	2.50	2.42	1.83	2.54	1.91	2.23
Females 20 and over.	9.6	.93	2.34	2.02	2.45	1.75	2.19	1.70	1.88
All Individuals.....	28.0	.59	1.85	1.69	1.84	1.38	1.64	1.25	1.46
Over 300% Poverty:									
Males 20 and over...	15.5	1.29	2.20	1.81	2.58	2.41	2.21	1.84	2.39
Females 20 and over.	15.1	.87	2.01	1.49	2.07	2.00	1.85	1.61	1.88
All Individuals.....	39.9	.82	1.63	1.34	1.93	1.73	1.64	1.37	1.80
Race									
White:									
Males 20 and over...	28.6	.68	1.27	1.13	1.39	1.11	1.43	1.28	1.30
Females 20 and over.	31.4	.55	1.16	.89	1.21	1.02	1.23	1.09	1.08
All Individuals.....	82.8	.34	.75	.61	.80	.65	.82	.76	.73
Black:									
Males 20 and over...	3.4	1.00	4.68	4.33	4.19	2.47	4.64	2.72	4.28
Females 20 and over.	4.2	.93	3.31	2.78	2.79	2.20	3.31	2.10	2.52
All Individuals.....	12.2	.77	2.19	1.90	2.03	1.33	2.27	1.92	1.81

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.



Appendix Table D3.6-1.--Standard Errors for Table 3.6-1.--Eggs; Legumes; Nuts and Seeds; Fats and Oils; Sugars and Sweets: Mean Intakes per Individual in a Day, by Income Level and Race, 1 Day, 1987-88

Income, Race, Sex, and Age (Years)	:	:	:	:	:	Fats and Oils			Sugars and Sweets		
	:	:	:	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:	:	:	:
	Percent	:	:	:	:	:	:	:	:	:	:
	of	:	:	:	:	:	:	:	:	:	:
	Population:	:	:	:	:	:	:	:	:	:	:
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NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

Appendix Table D3.6-2.--Standard Errors for Table 3.6-2.--Eggs; Legumes; Nuts and Seeds; Fats and Oils; Sugars and Sweets: Percentage of Individuals Using at Least Once, by Income Level and by Race, 1 Day, 1987-88

Income, Race, Sex, and Age (Years)	:	:	:	:	:	Fats and Oils			Sugars and Sweets		
	:	:	:	:	:	:	:	:	:	:	:
	Percentage	:	:	:	:	:	:	:	:	:	:
	of	:	:	:	:	:	:	:	:	:	:
	Population:	:	:	:	:	:	:	:	:	:	:
	:	:	:	:	:	Total	Table	Salad	Total	Sugars	Candy
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NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

Appendix Table D3.7-1.--Standard Errors for Table 3.7-1.--Beverages: Mean Intakes per Individual in a Day, by Income Level and Race, 1 Day, 1987-88

Income, Race, Sex, and Age (Years)	Percent of Population:	Total	Alcoholic					Nonalcoholic							
			Total:	Wine	and Ale	Beer	Total:	Coffee	Tea	Fruit Drinks and Ades			Carbonated Soft Drinks		
										Total:	Regular:	Low- Calorie	Total	Regular:	Low- Calorie
<u>Percent</u>			<u>-----Grams-----</u>												
Income Level															
Under 131% Poverty:															
Males 20 and over...	3.4	55.8	30.6	0.9	30.5	46.9	43.4	36.3	15.8	15.4	5.3	24.4	24.8	5.7	
Females 20 and over.	5.7	34.3	3.1	.6	2.9	33.4	27.6	23.0	11.3	11.0	2.1	18.8	19.1	6.4	
All Individuals.....	15.4	25.0	7.1	.4	7.0	22.9	18.1	15.7	11.8	12.0	3.7	15.6	16.2	3.5	
131-300% Poverty:															
Males 20 and over...	8.8	54.6	45.6	2.9	45.4	44.8	37.7	15.0	11.0	10.7	3.0	24.4	24.6	4.4	
Females 20 and over.	9.6	29.5	7.0	1.6	6.6	28.8	26.1	14.8	7.8	7.4	2.9	15.6	14.5	6.3	
All Individuals.....	28.0	27.7	15.8	1.2	15.6	23.4	19.6	12.1	5.7	5.6	1.5	12.9	12.5	3.6	
Over 300% Poverty:															
Males 20 and over...	15.5	51.4	27.4	2.0	25.7	40.4	23.8	15.1	10.1	8.0	4.8	21.2	20.1	11.7	
Females 20 and over.	15.1	30.8	10.3	6.4	7.1	31.4	23.6	14.2	4.8	4.0	2.8	13.2	10.9	8.9	
All Individuals.....	39.9	26.7	12.4	2.7	11.1	24.6	14.1	10.4	6.2	4.9	2.9	13.3	12.0	7.3	
Race															
White:															
Males 20 and over...	28.6	38.8	18.7	1.9	18.2	34.2	21.8	14.8	7.9	7.7	1.8	15.5	14.7	7.5	
Females 20 and over.	31.4	23.8	5.6	3.4	3.6	23.5	16.2	11.9	4.1	3.8	1.5	10.9	9.5	5.7	
All Individuals.....	82.8	21.9	7.7	1.7	7.0	20.3	12.5	10.9	4.4	4.2	1.3	9.9	8.4	5.1	
Black:															
Males 20 and over...	3.4	77.6	51.0	.7	51.0	68.8	32.2	19.3	35.2	28.3	15.7	43.0	38.7	12.5	
Females 20 and over.	4.2	31.7	15.1	2.1	14.7	27.0	13.8	16.4	20.4	19.9	4.4	16.6	15.3	11.2	
All Individuals.....	12.2	32.5	16.0	.8	15.8	29.0	11.7	11.7	22.3	20.3	5.2	16.7	14.2	6.5	

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

Appendix Table D3.7-2.--Standard Errors for Table 3.7-2.--Beverages: Percentages of Individuals Using at Least Once, by Income Level and Race, 1 Day, 1987-88

Income, Race, Sex, and Age (Years)	Percentage: of Population:	Total	Alcoholic					Nonalcoholic							
			Total:	Wine	and Ale	Beer	Total:	Coffee:	Tea	Fruit Drinks and Aides			Carbonated Soft Drinks		
										Total:	Regular:	Low- Calorie	Total	Regular:	Low- Calorie
Percent			Percent												
Income Level															
Under 131% Poverty:															
Males 20 and over...	3.4	1.51	2.35	0.30	2.19	1.62	4.61	4.04	2.80	2.93	0.56	3.58	3.46	1.74	
Females 20 and over.	5.7	2.29	.45	.21	.32	2.28	2.91	3.00	1.54	1.38	.56	3.31	3.38	1.34	
All Individuals.....	15.4	1.82	.64	.14	.54	1.84	2.32	2.43	1.45	1.62	.57	2.47	2.55	.87	
131-300% Poverty:															
Males 20 and over...	8.8	1.45	2.66	.89	2.48	1.47	2.77	2.27	1.81	1.74	.65	3.08	3.16	.73	
Females 20 and over.	9.6	1.37	1.36	.92	.97	1.43	2.71	2.32	1.89	1.81	.50	2.27	2.04	1.23	
All Individuals.....	28.0	1.48	1.18	.45	.98	1.49	2.02	1.99	1.22	1.17	.31	1.83	1.75	.67	
Over 300% Poverty:															
Males 20 and over...	15.5	1.17	2.43	.94	1.88	1.38	2.37	1.86	1.23	1.01	.63	2.08	2.38	1.50	
Females 20 and over.	15.1	1.19	1.92	1.25	.96	1.47	1.69	2.04	.87	.80	.45	2.07	1.88	1.41	
All Individuals.....	39.9	1.08	1.45	.77	.94	1.21	1.52	1.44	1.29	1.07	.65	1.91	2.00	1.18	
Race															
White:															
Males 20 and over...	28.6	.75	1.22	.63	1.02	.83	1.47	1.27	.74	.71	.22	1.49	1.40	.99	
Females 20 and over.	31.4	.74	.81	.60	.52	.79	1.25	1.17	.68	.64	.27	1.24	1.10	.93	
All Individuals.....	82.8	.59	.55	.32	.42	.61	.82	.71	.52	.49	.21	.83	.78	.57	
Black:															
Males 20 and over...	3.4	2.69	3.13	.24	3.10	2.72	4.16	3.57	4.59	4.39	2.14	4.83	4.85	1.75	
Females 20 and over.	4.2	2.41	1.73	1.08	1.38	2.64	3.16	2.51	2.66	2.55	.93	3.30	3.15	2.01	
All Individuals.....	12.2	1.78	1.09	.38	1.02	1.81	1.75	1.62	2.17	2.12	.84	2.16	2.11	.89	

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

Appendix Table D4.1.--Standard Errors for Table 4.1.--Nutrient Intakes: Mean per Individual in a Day, by Sex and Age, 1 Day, 1987-88

Sex and Age (Years)	Percent of Population	Food Energy	Protein	Fat	Total : Saturated : Fatty Acids	Monounsaturated Fatty Acids	Polyunsaturated Fatty Acids	Cholesterol
	Percent	Kilocalories			Grams			Milligrams
Males and Females:								
Under 1.....	1.1	55.8	1.79	2.58	1.58	0.60	0.99	7.7
1-2.....	2.9	31.1	2.29	1.40	.62	.51	.35	17.4
3-5.....	4.6	43.6	2.05	2.07	.91	.81	.38	12.0
5 and under.....	8.7	29.2	1.47	1.38	.62	.53	.32	9.3
Males:								
Under 1.....	.5	74.5	2.28	4.10	2.17	.93	2.01	9.8
1-2.....	1.4	46.6	4.47	2.17	.87	.87	.41	33.3
3-5.....	2.5	47.9	1.96	2.40	1.12	.89	.52	15.6
6-11.....	4.4	43.7	1.60	1.93	.88	.73	.38	14.7
12-19.....	5.7	75.9	3.34	3.55	1.60	1.32	.76	18.1
20-29.....	8.3	80.4	3.00	3.92	1.43	1.52	.93	14.4
30-39.....	8.2	71.4	2.79	3.37	1.25	1.35	.73	15.4
40-49.....	5.8	65.8	2.86	3.13	1.20	1.30	.70	18.2
50-59.....	4.1	54.0	2.25	3.08	1.27	1.18	.71	15.8
60-69.....	4.0	59.7	2.62	3.09	1.08	1.23	.91	14.1
70 and over.....	3.0	75.1	3.56	3.92	1.39	1.56	1.24	18.1
80 and over.....	.8	138.8	6.09	8.02	3.38	3.07	2.07	35.2
20 and over.....	33.4	42.7	1.60	1.99	.73	.79	.45	8.0
Females:								
Under 1.....	.6	47.9	2.06	2.00	1.54	.61	.71	10.8
1-2.....	1.5	37.8	1.64	1.66	.92	.57	.48	16.3
3-5.....	2.1	61.2	3.10	2.66	1.11	1.09	.42	15.4
6-11.....	4.6	45.3	1.97	2.18	.95	.77	.42	12.1
12-19.....	6.1	50.6	2.42	2.41	1.07	.90	.50	13.6
20-29.....	8.5	38.3	1.66	1.81	.68	.68	.47	11.7
30-39.....	8.6	38.2	1.72	1.85	.71	.69	.48	11.7
40-49.....	6.4	40.0	1.77	1.91	.75	.69	.48	9.8
50-59.....	4.3	37.3	1.97	2.07	.75	.82	.47	11.8
60-69.....	4.7	31.2	1.61	1.75	.76	.66	.38	12.0
70 and over.....	4.7	35.9	2.00	2.14	.84	.82	.53	11.8
80 and over.....	1.6	42.5	3.09	2.54	.99	1.10	.56	20.1
20 and over.....	37.1	19.9	.88	.96	.37	.36	.24	5.6
All Individuals.....	100.0	25.2	.98	1.18	.46	.44	.26	5.1

Appendix Table D4.1.--Standard Errors for Table 4.1.--Nutrient Intakes: Mean per Individual in a Day, by Sex and Age,  
1 Day, 1987-88--continued

Sex and Age (Years)	Carbohydrate	Dietary Fiber	Vitamin A	Vitamin A	Carotenes	Vitamin E	Vitamin C	Thiamin
	Grams		International Units	Micrograms Retinol Equivalents		Milligrams Alpha-Tocopherol Equivalents		Milligrams
Males and Females:								
Under 1.....	8.50	0.65	1,041.3	113.4	108.0	1.04	11.4	0.090
1-2.....	4.98	.40	264.8	36.6	24.8	.22	4.3	.051
3-5.....	5.56	.37	754.8	113.8	70.1	.31	4.7	.036
5 and under.....	3.80	.30	462.2	67.1	42.7	.30	3.8	.033
Males:								
Under 1.....	11.45	1.09	1,802.0	185.1	185.0	1.86	15.5	.116
1-2.....	7.55	.65	373.6	52.8	36.0	.25	8.5	.097
3-5.....	6.53	.45	807.1	158.2	66.7	.44	6.4	.040
6-11.....	6.91	.42	345.0	48.6	32.7	.49	5.7	.052
12-19.....	10.33	.75	540.9	76.5	50.6	.79	9.8	.085
20-29.....	10.12	1.35	451.6	71.6	38.6	.66	5.6	.060
30-39.....	8.16	.69	589.8	73.9	55.0	.68	4.7	.053
40-49.....	9.54	.67	601.9	74.2	57.4	.55	6.8	.061
50-59.....	5.60	.46	414.8	66.3	36.2	.38	4.7	.052
60-69.....	7.65	.82	777.9	90.9	79.8	.88	7.5	.060
70 and over.....	8.90	.81	592.3	102.4	49.4	.89	7.8	.081
80 and over.....	14.33	1.44	1,428.1	305.9	82.9	1.07	17.6	.104
20 and over.....	5.40	.51	229.7	34.3	20.5	.36	3.1	.033
Females:								
Under 1.....	7.60	.50	560.4	70.5	56.5	.79	11.4	.132
1-2.....	6.02	.38	341.4	52.6	30.6	.29	5.9	.045
3-5.....	8.02	.53	1,321.9	143.2	132.6	.36	5.7	.053
6-11.....	6.17	.52	335.2	51.8	30.8	.48	5.8	.050
12-19.....	6.68	.43	310.2	52.8	38.9	.56	12.5	.055
20-29.....	5.29	.46	424.7	52.0	40.2	.43	3.5	.033
30-39.....	5.10	.47	378.9	83.6	27.8	.25	3.7	.036
40-49.....	4.93	.40	483.1	71.1	43.2	.26	5.0	.037
50-59.....	5.11	.48	495.2	96.0	40.2	.47	4.6	.048
60-69.....	4.06	.34	385.4	64.0	37.8	.21	4.9	.031
70 and over.....	4.35	.57	552.5	148.1	32.9	.45	6.4	.037
80 and over.....	5.41	.67	1,053.1	303.7	38.2	.76	6.9	.059
20 and over.....	2.67	.23	184.9	36.5	16.2	.16	2.4	.017
All Individuals.....	3.26	.28	162.6	25.2	14.9	.21	2.4	.021



Appendix Table D4.1.--Standard Errors for Table 4.1.--Nutrient Intakes: Mean per Individual in a Day,  
by Sex and Age, 1 Day, 1987-88--continued

	Riboflavin	Niacin	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus
Males and Females:							
Under 1.....	.106	1.23	.054	12.5	.302	68.4	52.6
1-2.....	.051	.41	.038	5.6	.155	30.6	31.2
3-5.....	.068	.56	.046	9.1	.931	39.9	39.4
5 and under.....	.045	.35	.029	5.3	.503	27.8	26.9
Males:							
Under 1.....	.147	1.62	.084	21.9	.578	99.9	73.6
1-2.....	.074	.58	.066	9.1	.208	35.9	46.5
3-5.....	.082	.63	.050	11.3	1.526	49.2	46.1
6-11.....	.064	.69	.070	10.4	.210	41.9	32.7
12-19.....	.112	1.14	.109	19.8	.437	49.9	53.9
20-29.....	.087	.93	.089	16.5	.643	51.1	58.7
30-39.....	.069	.92	.077	12.6	.307	40.5	45.6
40-49.....	.071	.78	.070	12.0	.536	37.2	38.8
50-59.....	.058	.55	.053	8.2	.364	30.8	36.3
60-69.....	.082	.81	.074	12.2	.502	44.8	41.3
70 and over.....	.097	.85	.125	15.7	.654	41.7	51.0
80 and over.....	.170	1.49	.148	32.0	2.239	52.4	86.0
20 and over.....	.041	.47	.043	6.4	.189	23.2	27.3
Females:							
Under 1.....	.113	1.44	.046	12.8	.190	55.8	48.8
1-2.....	.078	.61	.054	10.6	.240	54.2	45.1
3-5.....	.094	.89	.070	12.4	.539	49.7	49.2
6-11.....	.068	.74	.072	11.0	.246	34.2	34.2
12-19.....	.075	.87	.078	15.6	.268	41.5	39.6
20-29.....	.041	.52	.041	7.8	.484	26.2	26.6
30-39.....	.054	.51	.044	8.7	.845	23.0	28.7
40-49.....	.048	.53	.052	8.7	.587	23.8	28.1
50-59.....	.062	.75	.061	9.3	.847	23.9	27.0
60-69.....	.048	.47	.038	6.5	.609	23.6	23.9
70 and over.....	.071	.55	.049	9.7	1.614	27.6	31.2
80 and over.....	.138	.94	.087	17.1	3.218	34.7	40.4
20 and over.....	.025	.24	.021	3.8	.391	13.2	14.4
All Individuals.....	.028	.28	.027	3.9	.203	16.0	17.5

Appendix Table D4.1.--Standard Errors for Table 4.1.--Nutrient Intakes: Mean per Individual in  
a Day, by Sex and Age, 1 Day, 1987-88--continued

Sex and Age (Years)	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
-----Milligrams-----						
Males and Females:						
Under 1.....	9.2	2.63	0.40	0.08	50.3	97.6
1-2.....	5.1	.31	.31	.02	76.1	57.4
3-5.....	7.2	.40	.42	.03	69.2	61.9
5 and under.....	4.6	.43	.27	.02	53.6	42.5
Males:						
Under 1.....	11.1	2.82	.70	.15	60.6	118.3
1-2.....	7.6	.51	.59	.04	142.0	106.6
3-5.....	8.8	.52	.34	.05	71.6	78.7
6-11.....	6.5	.59	.29	.03	77.8	77.2
12-19.....	10.5	1.55	.63	.04	171.2	107.7
20-29.....	13.7	.61	.50	.06	160.4	110.1
30-39.....	10.0	.62	.57	.05	131.6	92.2
40-49.....	8.2	.59	.60	.05	150.5	85.2
50-59.....	7.1	.42	.41	.03	114.9	82.9
60-69.....	9.7	.67	.55	.05	104.4	102.1
70 and over.....	11.6	.75	.63	.06	143.8	104.2
80 and over.....	23.4	1.27	.81	.16	216.1	181.8
20 and over.....	6.2	.32	.27	.03	84.0	54.0
Females:						
Under 1.....	11.0	3.67	.29	.04	70.2	104.9
1-2.....	6.6	.41	.26	.03	48.7	65.1
3-5.....	9.0	.62	.74	.03	94.3	78.7
6-11.....	7.6	.54	.36	.03	82.7	67.4
12-19.....	8.2	.69	.39	.03	112.7	75.8
20-29.....	5.3	.34	.29	.03	78.9	52.1
30-39.....	6.5	.56	.32	.03	73.8	60.2
40-49.....	6.3	.38	.35	.03	75.7	63.8
50-59.....	7.2	.59	.46	.04	79.0	64.0
60-69.....	4.8	.34	.35	.02	74.5	50.9
70 and over.....	8.0	.37	.35	.05	68.9	65.2
80 and over.....	8.0	.71	.81	.09	104.8	69.0
20 and over.....	3.4	.20	.17	.02	39.2	31.7
All Individuals.....	3.9	.23	.18	.02	47.7	36.7

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

Appendix Table D4.2.--Standard Errors for Table 4.2.--Nutrient Intakes: Mean per Individual in a Day, by Region, 1 Day, 1987-88

Region, Sex, and Age (Years)	Percent of Population	Food Energy Kilocalories	Protein Grams	Total Fat Grams	Saturated Fatty Acids Grams	Monounsaturated Fatty Acids Grams	Polyunsaturated Fatty Acids Grams	Cholesterol Milligrams
Percent	Kilocalories	Grams	Grams	Grams	Grams	Grams	Grams	Milligrams
<b>Northeast:</b>								
Males and Females:								
Under 1.....	0.2	79.8	3.63	4.10	3.58	0.85	1.17	15.5
1-2.....	.5	88.2	3.87	3.31	1.68	1.04	.61	26.7
3-5.....	.7	68.1	2.10	2.53	1.19	.97	.53	11.8
5 and under.....	1.4	65.3	2.15	2.19	.99	.87	.42	10.0
Males:								
6-11.....	1.1	104.6	2.59	3.80	1.94	1.12	.94	30.2
12-19.....	1.2	204.4	9.14	10.07	4.34	3.79	1.71	35.7
20-39.....	3.2	118.6	4.07	4.66	1.93	1.50	1.30	23.0
40-59.....	2.3	98.8	3.67	5.82	2.54	2.28	.83	23.3
60 and over.....	1.5	80.3	3.91	4.18	1.71	1.75	.80	21.7
20 and over.....	7.1	83.2	2.81	3.52	1.46	1.28	.77	15.2
Females:								
6-11.....	.9	83.4	3.05	4.35	1.81	1.65	1.05	38.2
12-19.....	1.1	116.3	3.92	5.47	2.83	2.09	1.01	20.6
20-39.....	3.3	52.2	2.18	3.06	1.09	1.21	.74	16.8
40-59.....	2.7	52.9	1.95	2.61	1.10	.94	.58	13.5
60 and over.....	2.0	77.6	3.03	4.49	1.91	1.71	.88	17.0
20 and over.....	8.1	46.6	1.59	2.52	.97	.97	.51	10.5
All Individuals.....	20.8	67.5	2.07	3.10	1.22	1.09	.64	8.3
<b>Midwest:</b>								
Males and Females:								
Under 1.....	.2	38.5	1.65	2.22	.82	.75	.94	11.8
1-2.....	.7	50.6	1.87	2.74	1.05	1.05	.57	13.8
3-5.....	1.2	79.6	4.15	4.29	1.98	1.60	.46	30.3
5 and under.....	2.1	49.7	2.55	2.77	1.27	1.05	.31	18.6
Males:								
6-11.....	1.1	75.8	2.70	3.63	1.42	1.49	.59	21.1
12-19.....	1.4	93.3	3.85	6.42	3.13	2.33	1.90	17.0
20-39.....	4.1	101.0	3.19	4.76	1.78	1.81	1.07	20.4
40-59.....	2.4	80.5	3.94	4.00	1.45	1.66	1.04	19.5
60 and over.....	1.7	53.7	2.57	2.94	1.53	1.13	1.40	14.5
20 and over.....	8.1	67.9	2.57	3.21	1.34	1.25	.59	13.6
Females:								
6-11.....	1.1	55.4	2.13	3.24	1.51	1.17	.54	16.5
12-19.....	1.8	76.1	3.82	3.62	1.20	1.63	.68	26.8
20-39.....	4.5	53.0	2.05	2.26	.94	.84	.58	16.3
40-59.....	2.6	59.9	2.79	2.88	1.10	1.11	.69	11.7
60 and over.....	2.0	28.0	1.72	2.21	.70	.85	.72	8.8
20 and over.....	9.1	33.3	1.34	1.39	.57	.52	.43	8.4
All Individuals.....	24.8	33.0	1.34	1.74	.73	.66	.35	7.9

Appendix Table D4.2.--Standard Errors for Table 4.2.--Nutrient Intakes: Mean per Individual in a Day, by Region, 1 Day,  
1987-88--continued

Region, Sex, and Age (Years)	Percent of Population	Food Energy	Protein	Total Fat	Saturated Fatty Acids	Monounsaturated Fatty Acids	Polyunsaturated Fatty Acids	Cholesterol
		Kilocalories	Grams	Grams	Grams	Grams	Grams	Milligrams
South:								
Males and Females:								
Under 1.....	0.6	101.8	2.74	4.72	2.80	0.95	1.82	9.2
1-2.....	1.3	50.9	4.79	2.34	.89	.88	.64	35.8
3-5.....	1.8	74.8	3.27	3.60	1.36	1.52	.78	20.2
5 and under.....	3.6	42.9	2.52	2.29	.93	.89	.63	18.0
Males:								
6-11.....	1.2	86.3	3.94	4.43	1.61	1.80	.85	34.9
12-19.....	1.8	140.0	6.28	5.18	1.87	2.16	1.27	43.1
20-39.....	5.7	126.3	5.12	6.66	2.31	2.55	1.42	25.0
40-59.....	3.3	85.1	4.10	4.42	1.59	1.86	.91	19.4
60 and over.....	2.4	91.7	3.70	4.11	1.31	1.63	1.25	21.2
20 and over.....	11.4	86.6	3.36	4.45	1.56	1.72	.95	17.3
Females:								
6-11.....	1.6	82.4	4.27	4.17	1.77	1.42	.78	19.4
12-19.....	2.0	75.3	4.22	3.20	1.60	1.10	.51	21.9
20-39.....	5.9	54.1	2.42	2.48	.96	.96	.55	19.2
40-59.....	3.4	52.4	2.68	2.63	.90	1.00	.72	17.0
60 and over.....	3.4	32.6	2.28	1.95	.79	.81	.44	18.7
20 and over.....	12.7	35.3	1.77	1.58	.60	.60	.36	12.4
All Individuals.....	34.2	50.4	2.13	2.45	.90	.93	.51	11.5
West:								
Males and Females:								
Under 1.....	.1	65.6	5.15	2.49	1.67	1.46	.70	29.6
1-2.....	.5	61.8	2.16	2.62	1.55	1.00	.89	13.9
3-5.....	.9	61.4	4.07	3.32	1.31	1.40	.89	19.0
5 and under.....	1.6	61.9	3.21	2.49	1.07	1.07	.78	13.0
Males:								
6-11.....	1.0	64.9	1.57	2.54	1.38	1.03	.28	19.5
12-19.....	1.3	116.8	4.92	4.19	1.87	1.68	.90	30.5
20-39.....	3.5	94.3	2.91	4.54	1.79	1.97	.99	25.4
40-59.....	1.9	102.6	4.31	4.15	1.98	1.51	1.17	30.1
60 and over.....	1.4	105.3	4.12	5.75	1.40	2.25	2.26	16.6
20 and over.....	6.8	61.3	2.17	2.61	.96	1.03	.91	11.2
Females:								
6-11.....	1.0	116.3	3.73	4.30	2.20	1.56	.54	17.5
12-19.....	1.3	106.3	5.87	6.12	2.41	2.21	1.61	31.8
20-39.....	3.4	56.3	3.08	2.90	1.14	1.03	.88	14.4
40-59.....	2.0	70.4	3.62	2.91	1.17	1.04	.73	19.0
60 and over.....	1.9	53.5	1.58	2.67	1.11	.99	.78	16.3
20 and over.....	7.3	42.6	2.07	1.97	.74	.68	.65	9.8
All Individuals.....	20.2	39.1	1.65	1.49	.56	.54	.59	7.1

Appendix Table D4.2.--Standard Errors for Table 4.2.--Nutrient Intakes: Mean per Individual in a Day, by Region, 1 Day,  
1987-88--continued

Region, Sex, and Age (Years)	Carbohydrate	Dietary Fiber	Vitamin A	Vitamin A	Carotenes	Vitamin E	Vitamin C	Thiamin
	-----Grams-----	International Units	Micrograms Retinol -----Equivalents-----	Milligrams Alpha-Tocopherol Equivalents	-----Milligrams-----			
Northeast:								
Males and Females:								
Under 1.....	9.42	0.90	700.3	98.6	84.5	1.19	12.4	0.356
1-2.....	14.88	.87	735.6	121.7	64.3	.46	8.7	.118
3-5.....	14.70	1.07	532.0	79.2	48.4	.37	12.6	.077
5 and under.....	12.01	.80	400.6	66.0	35.1	.38	8.1	.084
Males:								
6-11.....	17.33	1.01	525.8	86.4	48.1	.46	14.4	.112
12-19.....	24.77	.91	540.6	95.8	39.7	.88	13.9	.178
20-39.....	16.24	1.01	682.6	93.1	75.8	1.55	5.4	.085
40-59.....	11.29	1.06	689.0	86.2	65.5	.94	9.6	.091
60 and over.....	11.85	.79	812.4	143.0	66.8	1.42	6.6	.112
20 and over.....	12.19	.79	223.0	50.6	22.9	.98	4.3	.073
Females:								
6-11.....	10.98	.93	738.8	92.0	75.8	.68	11.0	.083
12-19.....	16.40	1.10	267.1	49.8	25.8	.47	20.3	.096
20-39.....	6.05	.59	539.4	59.1	54.4	.35	5.4	.039
40-59.....	6.90	.50	636.6	135.1	59.5	.71	8.0	.056
60 and over.....	9.05	.63	781.5	167.1	61.3	.76	7.2	.073
20 and over.....	5.86	.42	331.3	79.1	27.0	.31	4.7	.038
All Individuals.....	9.27	.57	188.4	44.3	13.9	.42	4.5	.053
Midwest:								
Males and Females:								
Under 1.....	5.81	.81	892.3	95.1	95.8	.99	17.6	.187
1-2.....	6.21	.41	391.6	45.8	40.0	.41	5.5	.046
3-5.....	7.66	.63	2,009.3	202.5	201.3	.71	6.1	.059
5 and under.....	5.01	.43	1,167.3	118.9	116.1	.47	4.3	.038
Males:								
6-11.....	11.36	.57	437.1	62.3	43.9	1.61	6.8	.099
12-19.....	9.55	.62	956.6	111.0	97.8	1.29	7.7	.057
20-39.....	11.89	.70	949.5	114.7	88.2	.55	6.9	.074
40-59.....	9.49	.49	1,157.9	135.3	113.9	.91	4.9	.091
60 and over.....	8.24	.74	757.9	103.6	85.1	1.77	9.6	.105
20 and over.....	7.77	.46	488.8	64.6	48.7	.61	5.1	.060
Females:								
6-11.....	6.94	.60	551.3	113.3	39.6	1.70	11.8	.092
12-19.....	9.21	.72	864.5	127.1	73.8	1.73	7.5	.115
20-39.....	7.99	.50	626.1	68.4	62.1	.62	4.3	.033
40-59.....	7.37	.71	522.8	65.2	54.4	.38	3.7	.060
60 and over.....	4.55	.42	556.5	70.6	51.3	.39	5.0	.026
20 and over.....	5.61	.38	302.7	39.3	27.8	.35	2.4	.026
All Individuals.....	4.30	.27	251.1	31.4	25.6	.45	2.3	.029

Appendix Table D4.2.--Standard Errors for Table 4.2.--Nutrient Intakes: Mean per Individual in a Day, by Region, 1 Day, 1987-88--continued

Region, Sex, and Age (Years)	:	:	:	:	:	:	:	:
	:	Dietary	:	:	:	:	:	:
	Carbohydrate	Fiber	Vitamin A	Vitamin A	Carotenes	Vitamin E	Vitamin C	Thiamin
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	-----Grams-----	International Units	Micrograms Retinol Equivalents	Micrograms Retinol Equivalents	Milligrams Alpha-Tocopherol Equivalents	Milligrams	Milligrams	Milligrams
South:								
Males and Females:								
Under 1.....	15.47	1.16	1,876.8	202.1	193.7	1.79	19.1	0.080
1-2.....	8.15	.64	325.2	41.0	34.6	.39	6.9	.102
3-5.....	8.60	.63	858.9	242.4	36.9	.54	9.0	.069
5 and under.....	4.42	.46	569.3	127.2	43.9	.63	7.0	.064
Males:								
6-11.....	10.69	.72	385.5	57.6	36.4	.54	9.7	.075
12-19.....	19.19	1.87	707.0	142.9	58.6	1.99	21.2	.176
20-39.....	12.50	1.92	422.4	77.4	34.3	.98	5.2	.073
40-59.....	11.03	.72	474.8	60.7	42.8	.48	7.3	.073
60 and over.....	11.85	.92	794.9	102.7	75.1	.82	10.2	.075
20 and over.....	8.53	1.08	346.3	54.3	29.2	.65	4.5	.056
Females:								
6-11.....	9.24	.75	435.7	78.0	34.3	.47	7.2	.096
12-19.....	11.07	.64	436.8	102.0	93.3	.29	33.8	.104
20-39.....	7.30	.74	463.8	127.4	26.5	.31	4.7	.046
40-59.....	6.59	.58	388.5	63.8	35.5	.35	5.0	.044
60 and over.....	5.04	.67	694.8	204.9	44.1	.39	5.5	.038
20 and over.....	4.65	.45	270.8	78.6	20.5	.22	3.4	.029
All Individuals.....	5.21	.60	232.2	47.1	21.6	.39	4.3	.041
West:								
Males and Females:								
Under 1.....	8.73	.72	711.7	87.0	74.8	1.12	16.4	.063
1-2.....	11.05	1.20	736.6	82.3	70.9	.47	8.3	.054
3-5.....	10.04	.56	1,626.0	186.9	157.6	.59	5.6	.068
5 and under.....	10.15	.58	1,193.4	137.9	114.5	.45	4.8	.053
Males:								
6-11.....	13.26	.93	1,107.2	143.5	110.1	.33	8.1	.136
12-19.....	21.20	1.23	1,712.8	190.1	166.1	.48	22.6	.123
20-39.....	13.90	1.39	896.2	117.9	77.4	.76	11.6	.082
40-59.....	16.42	1.16	754.8	129.8	59.9	.69	12.9	.119
60 and over.....	16.10	2.11	1,725.1	187.3	173.1	1.13	16.8	.101
20 and over.....	11.52	1.03	689.0	100.0	57.2	.57	9.9	.078
Females:								
6-11.....	18.62	1.50	841.0	99.5	91.1	.43	14.7	.103
12-19.....	11.10	.99	322.5	61.3	27.9	.92	9.7	.070
20-39.....	5.77	.67	609.6	80.2	50.1	.47	6.0	.056
40-59.....	10.18	1.04	1,104.5	135.4	99.6	.54	11.8	.084
60 and over.....	7.68	.72	522.6	52.8	55.3	.43	12.4	.038
20 and over.....	5.13	.53	547.0	65.0	48.5	.36	7.7	.040
All Individuals.....	6.98	.56	545.1	70.9	47.0	.34	6.5	.041



Appendix Table D4.2.--Standard Errors for Table 4.2.--Nutrient Intakes: Mean per Individual in a Day,  
by Region, 1 Day, 1987-88--continued

Region, Sex, and Age (Years)	:	:	:	:	:	:	:
	:	:	:	:	:	:	:
	Riboflavin	Niacin	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus
	:	:	:	:	:	:	:
	:	:	:	:	:	:	:
-----Milligrams-----      -----Micrograms-----      -----Milligrams-----							
Northeast:							
Males and Females:							
Under 1.....	0.220	2.74	0.090	15.4	0.193	37.3	39.7
1-2.....	.170	1.36	.140	24.7	.352	89.4	89.0
3-5.....	.109	1.01	.107	18.2	.510	54.8	52.1
5 and under.....	.106	.84	.091	14.6	.327	46.5	46.9
Males:							
6-11.....	.162	1.26	.132	18.4	.590	106.4	84.4
12-19.....	.259	2.03	.131	21.3	.853	148.9	137.1
20-39.....	.134	1.42	.129	21.7	.889	63.7	73.4
40-59.....	.084	.61	.069	14.0	.392	69.4	67.8
60 and over.....	.127	1.35	.138	19.8	.845	40.4	50.5
20 and over.....	.079	.84	.083	12.5	.371	41.9	50.8
Females:							
6-11.....	.095	1.13	.086	19.2	.662	48.5	53.7
12-19.....	.216	1.21	.074	15.8	.509	143.3	103.5
20-39.....	.051	.66	.052	9.4	.671	28.3	31.4
40-59.....	.074	.59	.061	12.2	1.374	31.3	33.4
60 and over.....	.112	.68	.080	13.5	1.681	49.7	57.6
20 and over.....	.059	.42	.035	6.9	1.077	24.3	27.3
All Individuals.....	.075	.52	.051	6.4	.523	38.0	44.7
Midwest:							
Males and Females:							
Under 1.....	.225	1.66	.052	27.0	.272	71.5	51.8
1-2.....	.049	.62	.043	8.6	.277	34.5	30.4
3-5.....	.096	.84	.067	14.5	.232	59.3	67.2
5 and under.....	.073	.60	.040	8.3	.198	36.8	40.5
Males:							
6-11.....	.104	1.04	.119	20.0	.382	50.9	43.0
12-19.....	.125	.79	.071	19.3	.798	84.3	77.9
20-39.....	.086	1.03	.075	11.8	.237	47.4	51.5
40-59.....	.087	.88	.100	13.7	.453	43.2	51.0
60 and over.....	.113	1.21	.108	20.6	.806	38.2	32.1
20 and over.....	.076	.70	.064	10.0	.259	36.5	39.7
Females:							
6-11.....	.131	1.35	.154	21.8	.392	63.1	45.1
12-19.....	.134	1.89	.178	25.2	.591	35.7	44.1
20-39.....	.054	.44	.041	8.0	.360	40.2	42.0
40-59.....	.072	1.03	.075	12.9	.445	29.7	41.9
60 and over.....	.046	.58	.042	8.3	.213	26.5	20.1
20 and over.....	.036	.34	.032	5.4	.229	23.2	25.4
All Individuals.....	.040	.41	.042	6.0	.196	21.7	20.8

Appendix Table D4.2.--Standard Errors for Table 4.2.--Nutrient Intakes: Mean per Individual in a Day,  
by Region, 1 Day, 1987-88--continued

	:	:	:	:	:	:	:
Region,	:	:	:	:	:	:	:
Sex, and Age	: Riboflavin	: Niacin	: Vitamin B-6	: Folate	: Vitamin B-12	: Calcium	: Phosphorus
(Years)	:	:	:	:	:	:	:
	:	:	:	:	:	:	:
	----- <u>Milligrams</u> -----			----- <u>Micrograms</u> -----		----- <u>Milligrams</u> -----	
South:							
Males and Females:							
Under 1.....	0.134	1.97	0.092	20.3	0.557	120.0	89.1
1-2.....	.083	.55	.060	5.3	.278	43.6	53.2
3-5.....	.111	1.09	.087	16.8	2.421	49.2	56.4
5 and under.....	.068	.55	.046	8.7	1.197	38.1	37.5
Males:							
6-11.....	.081	1.16	.095	17.0	.320	43.8	50.5
12-19.....	.230	2.29	.231	41.1	.800	76.1	101.3
20-39.....	.110	1.37	.107	18.6	.602	72.1	88.9
40-59.....	.075	.86	.069	16.3	.879	38.2	52.9
60 and over.....	.094	.76	.103	13.7	.560	68.5	58.5
20 and over.....	.075	.84	.069	10.6	.400	49.3	58.6
Females:							
6-11.....	.116	1.25	.136	17.6	.474	44.5	57.7
12-19.....	.139	1.54	.154	38.1	.531	59.9	66.6
20-39.....	.076	.58	.053	11.6	1.414	30.3	39.5
40-59.....	.066	.63	.054	8.7	.597	31.6	39.0
60 and over.....	.092	.71	.047	12.2	2.203	21.8	24.7
20 and over.....	.052	.47	.039	7.9	.835	22.7	26.5
All Individuals.....	.053	.54	.052	7.6	.436	29.8	35.7
West:							
Males and Females:							
Under 1.....	.166	.89	.091	11.0	.376	126.7	120.0
1-2.....	.099	.75	.064	9.8	.209	87.3	65.7
3-5.....	.169	1.17	.088	16.2	.462	96.0	86.2
5 and under.....	.117	.90	.070	11.3	.318	74.3	69.0
Males:							
6-11.....	.096	1.81	.214	28.4	.297	54.1	41.8
12-19.....	.156	1.94	.197	34.9	1.008	91.6	79.4
20-39.....	.096	1.33	.143	23.0	.739	59.4	56.4
40-59.....	.170	1.72	.153	17.7	.478	75.4	73.8
60 and over.....	.142	1.41	.154	25.5	.404	64.8	85.9
20 and over.....	.088	1.21	.126	17.3	.383	43.7	42.0
Females:							
6-11.....	.160	1.93	.145	24.9	.394	89.6	85.5
12-19.....	.096	1.62	.111	24.4	.313	56.3	75.0
20-39.....	.071	.91	.080	13.6	.367	38.0	42.4
40-59.....	.106	1.45	.162	21.1	.829	54.4	66.3
60 and over.....	.061	.35	.045	9.7	.141	56.2	46.3
20 and over.....	.050	.68	.063	7.7	.274	31.9	33.7
All Individuals.....	.050	.70	.071	9.0	.234	26.4	25.6

Appendix Table D4.2.--Standard Errors for Table 4.2.--Nutrient Intakes: Mean per Individual in  
a Day, by Region, 1 Day, 1987-88--continued

Region, Sex, and Age (Years)	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
-----Milligrams-----						
Northeast:						
Males and Females:						
Under 1.....	13.5	8.71	0.45	0.09	103.0	153.6
1-2.....	13.9	1.10	.56	.08	109.3	128.7
3-5.....	12.6	.77	.55	.06	177.2	103.7
5 and under.....	9.5	1.47	.39	.05	125.6	83.4
Males:						
6-11.....	16.1	.77	.55	.06	203.3	213.3
12-19.....	15.3	1.14	1.35	.10	436.4	215.8
20-39.....	15.9	1.03	1.19	.07	182.1	172.0
40-59.....	13.6	.62	.91	.07	223.3	136.9
60 and over.....	9.4	1.27	.82	.06	196.5	101.8
20 and over.....	10.7	.65	.74	.05	165.0	116.4
Females:						
6-11.....	11.3	.76	.42	.05	164.5	116.4
12-19.....	18.3	.80	.79	.08	190.7	222.5
20-39.....	7.3	.42	.34	.04	92.5	100.0
40-59.....	7.6	.53	.47	.05	97.2	86.7
60 and over.....	12.4	.77	.55	.07	145.4	102.6
20 and over.....	6.0	.37	.34	.04	84.4	68.9
All Individuals.....	8.2	.43	.44	.04	125.5	98.9
Midwest:						
Males and Females:						
Under 1.....	8.6	4.19	.38	.05	91.3	102.6
1-2.....	6.2	.47	.28	.02	85.7	77.7
3-5.....	11.6	.43	.72	.04	136.4	118.1
5 and under.....	7.1	.69	.44	.03	88.7	67.8
Males:						
6-11.....	9.0	.88	.42	.03	123.4	88.5
12-19.....	11.6	.64	.55	.06	135.6	107.8
20-39.....	11.8	.53	.38	.05	205.7	114.3
40-59.....	7.2	.65	.85	.04	157.1	82.0
60 and over.....	7.1	.97	.50	.05	105.4	83.7
20 and over.....	7.8	.47	.38	.03	134.0	76.8
Females:						
6-11.....	8.2	1.09	.38	.03	119.7	99.2
12-19.....	12.2	1.67	.67	.06	130.2	102.9
20-39.....	8.4	.38	.35	.03	92.5	72.2
40-59.....	11.1	.75	.59	.05	105.7	90.2
60 and over.....	4.8	.29	.61	.04	70.1	61.2
20 and over.....	5.7	.27	.30	.02	63.4	47.4
All Individuals.....	4.5	.28	.28	.02	65.1	41.6

Appendix Table D4.2.--Standard Errors for Table 4.2.--Nutrient Intakes: Mean per Individual in  
a Day, by Region, 1 Day, 1987-88--continued

Region, Sex, and Age (Years)	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
-----Milligrams-----						
South:						
Males and Females:						
Under 1.....	14.5	3.32	0.73	0.14	61.2	165.4
1-2.....	7.8	.38	.65	.03	154.9	101.5
3-5.....	10.5	.71	.77	.07	119.8	70.5
5 and under.....	5.4	.65	.49	.05	95.5	58.2
Males:						
6-11.....	9.7	1.11	.69	.05	129.6	101.1
12-19.....	24.6	4.34	1.28	.08	374.6	191.8
20-39.....	19.5	.81	.69	.08	269.6	162.8
40-59.....	11.8	.86	.70	.05	179.8	134.5
60 and over.....	14.0	.64	.58	.08	137.8	120.5
20 and over.....	12.9	.57	.46	.05	171.3	109.0
Females:						
6-11.....	11.6	.98	.86	.07	156.7	135.3
12-19.....	13.5	1.37	.68	.05	231.4	84.9
20-39.....	9.1	.70	.42	.05	110.6	82.8
40-59.....	9.6	.43	.53	.03	82.1	86.2
60 and over.....	6.0	.50	.38	.06	71.7	67.3
20 and over.....	6.3	.43	.29	.03	63.6	58.2
All Individuals.....	8.2	.49	.31	.03	94.3	70.8
West:						
Males and Females:						
Under 1.....	21.2	1.51	.49	.05	177.7	182.8
1-2.....	14.0	.85	.33	.05	97.1	123.6
3-5.....	17.5	1.06	.92	.04	76.3	146.9
5 and under.....	13.8	.83	.64	.03	83.8	120.9
Males:						
6-11.....	13.4	1.71	.45	.06	133.2	89.2
12-19.....	14.9	.92	.74	.07	160.7	246.3
20-39.....	16.3	.83	.51	.06	203.7	92.7
40-59.....	13.6	.88	.80	.10	286.2	123.4
60 and over.....	21.9	1.18	1.23	.11	230.9	224.8
20 and over.....	11.9	.71	.45	.07	144.4	93.9
Females:						
6-11.....	22.0	1.18	.68	.06	154.4	120.8
12-19.....	16.7	.60	.91	.09	162.0	157.5
20-39.....	8.8	.72	.49	.07	142.0	91.9
40-59.....	15.4	1.03	.60	.07	150.2	150.8
60 and over.....	10.7	.26	.46	.04	117.7	85.2
20 and over.....	8.4	.46	.34	.05	101.0	78.5
All Individuals.....	7.7	.41	.31	.05	83.2	69.9

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

Appendix Table D4.3.--Standard Errors for Table 4.3.--Nutrient Intakes: Mean per Individual in a Day, by Income Level, 1 Day, 1987-88

Income Level, Sex, and Age (Years)	Percent of Population	Food Energy	Protein	Total Fat	Saturated Fatty Acids	Monounsaturated Fatty Acids	Polyunsaturated Fatty Acids	Cholesterol
		Kilocalories		Grams				Milligrams
Under 131% Poverty:								
Males and Females:								
Under 1.....	0.4	117.9	3.26	4.24	4.21	1.04	0.97	13.8
1-2.....	.7	46.2	2.15	2.12	1.01	.80	.44	19.5
3-5.....	1.1	61.1	2.83	2.09	1.13	.79	.61	16.8
5 and under.....	2.2	33.8	1.69	1.61	1.11	.65	.47	13.8
Males:								
6-11.....	.9	90.5	3.21	4.55	1.85	1.78	.79	21.3
12-19.....	.9	125.4	5.28	6.14	1.48	2.12	2.57	54.3
20-39.....	1.8	137.4	4.43	5.82	1.83	2.31	1.49	26.3
40-59.....	.7	167.3	6.03	6.66	2.61	2.46	1.31	34.8
60 and over.....	.9	87.5	4.42	4.43	1.35	1.86	1.20	23.1
20 and over.....	3.4	92.7	3.35	3.90	1.34	1.51	.94	16.7
Females:								
6-11.....	1.1	70.1	2.90	3.35	1.59	1.16	.69	19.1
12-19.....	1.1	77.2	3.03	3.95	1.44	1.58	.98	31.5
20-39.....	2.6	70.0	2.65	3.12	1.32	1.22	.65	22.0
40-59.....	1.1	80.6	3.89	4.03	1.53	1.67	.77	25.7
60 and over.....	2.0	53.2	3.32	2.80	.98	1.14	.66	24.5
20 and over.....	5.7	44.7	2.03	2.13	.83	.84	.44	16.6
All Individuals.....	15.4	37.9	1.41	1.81	.66	.73	.45	10.2
131-300% Poverty:								
Males and Females:								
Under 1.....	.3	49.6	2.24	2.24	2.03	.44	.79	10.6
1-2.....	1.1	39.7	1.81	1.93	1.01	.69	.61	15.1
3-5.....	1.6	59.1	2.05	3.22	1.24	1.34	.69	16.0
5 and under.....	3.0	38.5	1.50	1.96	.83	.82	.46	11.5
Males:								
6-11.....	1.4	75.5	2.42	2.35	.93	.88	.65	19.3
12-19.....	1.8	93.1	3.70	3.64	1.80	1.35	.58	19.5
20-39.....	4.7	90.7	3.93	4.86	1.90	1.85	1.12	22.5
40-59.....	2.1	89.5	2.93	4.20	1.54	1.70	.94	24.3
60 and over.....	2.0	100.8	4.63	4.79	1.70	1.95	1.13	27.0
20 and over.....	8.8	60.4	2.67	3.10	1.18	1.19	.71	15.6
Females:								
6-11.....	1.6	65.2	2.66	2.49	1.05	.91	.58	19.7
12-19.....	1.8	79.0	3.75	3.71	1.84	1.29	.62	12.5
20-39.....	4.6	39.0	1.70	2.10	.75	.79	.64	11.0
40-59.....	2.3	53.6	2.40	2.82	1.09	1.09	.59	17.3
60 and over.....	2.7	36.5	1.88	2.09	.79	.82	.52	12.7
20 and over.....	9.6	25.8	1.13	1.36	.49	.52	.38	7.3
All Individuals.....	28.0	34.1	1.43	1.60	.65	.59	.35	7.8

Appendix Table D4.3.--Standard Errors for Table 4.3.--Nutrient Intakes: Mean per Individual in a Day, by Income Level, 1 Day, 1987-88--continued

Income Level, Sex, and Age (Years)	Percent of Population	Food Energy	Protein	Total Fat	Saturated Fatty Acids	Monounsaturated Fatty Acids	Polyunsaturated Fatty Acids	Cholesterol
		Kilocalories	Grams	Grams	Grams	Grams	Grams	Milligrams
Over 300% Poverty:								
Males and Females:								
Under 1.....	0.2	95.4	2.88	7.55	2.25	1.04	3.33	13.3
1-2.....	.7	65.3	2.27	2.44	1.24	.89	.58	13.3
3-5.....	1.4	94.2	4.69	4.07	1.77	1.58	.61	29.9
5 and under.....	2.3	62.6	3.02	2.70	1.21	1.00	.58	18.2
Males:								
6-11.....	1.5	78.5	3.61	4.05	1.81	1.58	.75	33.9
12-19.....	2.2	129.1	5.97	6.38	2.71	2.35	1.38	31.4
20-39.....	7.8	92.2	3.06	3.85	1.37	1.51	.91	17.6
40-59.....	5.3	56.3	2.73	3.18	1.30	1.35	.67	17.5
60 and over.....	2.4	68.6	3.55	3.99	1.32	1.56	1.54	14.9
20 and over.....	15.5	61.3	2.15	2.58	.93	1.04	.62	10.8
Females:								
6-11.....	1.4	96.7	4.67	5.66	2.33	2.07	1.03	20.5
12-19.....	2.0	100.8	4.45	5.10	2.01	1.92	1.20	32.5
20-39.....	7.4	42.6	1.95	2.17	.83	.82	.55	13.6
40-59.....	5.3	38.2	1.71	1.82	.73	.69	.50	11.0
60 and over.....	2.3	37.2	1.70	2.69	1.30	.97	.60	15.6
20 and over.....	15.1	26.2	1.22	1.31	.51	.49	.36	8.0
All Individuals.....	39.9	35.1	1.33	1.62	.62	.62	.39	8.2



Appendix Table D4.3.--Standard Errors for Table 4.3.--Nutrient Intakes: Mean per Individual in a Day, by Income Level,  
1 Day, 1987-88--continued

Income Level, Sex, and Age (Years)	Carbohydrate	Dietary Fiber	Vitamin A	Vitamin A	Carotenes	Vitamin E	Vitamin C	Thiamin
	Grams	International Units	Micrograms Retinol Equivalents	Micrograms Retinol Equivalents	Milligrams Alpha-Tocopherol Equivalents	Milligrams	Milligrams	Milligrams
Under 131% Poverty:								
Males and Females:								
Under 1.....	17.61	1.11	1,282.3	156.6	116.7	1.49	15.8	0.101
1-2.....	6.13	.50	394.4	57.0	34.1	.49	9.4	.048
3-5.....	9.57	.78	535.5	92.0	51.6	.56	7.9	.079
5 and under.....	4.23	.51	340.4	46.2	36.4	.49	5.2	.039
Males:								
6-11.....	11.81	1.09	634.4	75.0	66.2	.52	13.2	.085
12-19.....	18.86	1.25	1,548.0	196.0	145.5	1.57	11.1	.212
20-39.....	19.70	1.74	679.5	169.3	39.8	.78	7.1	.099
40-59.....	25.29	1.15	1,097.0	164.0	97.1	.73	8.1	.108
60 and over.....	10.09	.83	1,080.9	217.0	82.0	.73	13.6	.086
20 and over.....	12.30	1.13	584.0	129.2	40.4	.53	5.9	.072
Females:								
6-11.....	11.73	1.33	561.4	82.1	56.5	.50	9.5	.077
12-19.....	11.11	.48	726.0	76.6	73.2	.68	30.5	.064
20-39.....	10.40	1.03	944.3	262.1	46.0	.39	6.5	.083
40-59.....	10.28	1.06	498.7	65.2	46.1	.44	9.0	.077
60 and over.....	6.32	.71	1,181.7	351.7	53.9	.67	4.4	.052
20 and over.....	5.94	.63	588.2	172.6	27.4	.31	3.6	.043
All Individuals.....	5.08	.49	299.9	81.8	25.2	.29	4.2	.036
131-300% Poverty:								
Males and Females:								
Under 1.....	7.11	.73	683.6	79.1	70.1	.91	19.7	.211
1-2.....	8.16	.59	464.5	59.4	44.1	.25	6.6	.041
3-5.....	7.62	.52	1,273.0	260.6	98.6	.57	4.9	.034
5 and under.....	5.64	.39	794.3	149.4	65.1	.38	4.5	.037
Males:								
6-11.....	14.00	.69	835.3	124.5	76.7	.42	6.8	.107
12-19.....	16.53	1.52	1,223.2	149.9	122.6	.47	13.6	.137
20-39.....	9.91	1.92	754.3	101.5	72.7	1.21	8.2	.073
40-59.....	11.18	.80	650.5	67.9	64.9	.48	10.8	.071
60 and over.....	11.99	1.14	1,055.8	123.7	102.4	.81	6.0	.084
20 and over.....	7.05	1.10	487.9	62.5	47.7	.72	6.1	.049
Females:								
6-11.....	10.00	.54	720.0	79.9	70.0	.36	6.9	.054
12-19.....	9.76	.71	301.4	71.5	19.9	.38	7.5	.073
20-39.....	5.37	.51	742.1	100.8	70.1	.33	5.1	.028
40-59.....	6.11	.62	494.4	85.4	40.0	.82	9.0	.059
60 and over.....	5.06	.51	457.2	71.4	42.4	.50	7.2	.045
20 and over.....	3.61	.35	399.6	56.5	37.3	.28	4.8	.022
All Individuals.....	4.66	.50	339.0	48.3	30.9	.28	4.0	.027

Appendix Table D4.3.--Standard Errors for Table 4.3.--Nutrient Intakes: Mean per Individual in a Day, by Income Level,  
1 Day, 1987-88--continued

Income Level, Sex, and Age (Years)	Carbohydrate	Dietary Fiber	Vitamin A	Vitamin A	Carotenes	Vitamin E	Vitamin C	Thiamin
	Grams	Units	Micrograms Retinol Equivalents	Micrograms Retinol Equivalents	Milligrams Alpha-Tocopherol Equivalents	Milligrams	Milligrams	Milligrams
Over 300% Poverty:								
Males and Females:								
Under 1.....	5.80	1.07	788.7	201.9	100.6	3.64	19.3	0.204
1-2.....	10.40	.68	399.9	68.4	41.2	.37	6.6	.074
3-5.....	11.79	.73	2,038.9	216.4	203.4	.36	11.1	.075
5 and under.....	8.26	.62	1,279.2	138.7	127.4	.60	8.4	.058
Males:								
6-11.....	10.49	.66	404.3	67.1	37.6	1.38	9.4	.102
12-19.....	16.02	.87	310.0	52.9	31.9	.84	11.6	.087
20-39.....	11.55	.86	578.3	68.3	55.1	.56	4.5	.052
40-59.....	8.20	.61	551.2	75.9	50.6	.59	5.6	.054
60 and over.....	9.74	1.22	605.6	101.8	61.5	1.51	11.7	.081
20 and over.....	8.36	.63	323.7	44.9	30.6	.47	3.9	.042
Females:								
6-11.....	10.09	.91	538.8	117.2	37.9	1.47	14.2	.122
12-19.....	12.30	.95	726.3	122.2	56.2	1.56	12.4	.123
20-39.....	5.55	.50	357.8	45.7	33.1	.37	3.4	.032
40-59.....	4.94	.44	397.0	87.6	34.3	.28	3.5	.033
60 and over.....	4.82	.51	773.0	157.0	61.4	.44	6.6	.053
20 and over.....	3.54	.32	279.4	55.2	22.7	.24	2.6	.022
All Individuals.....	4.63	.36	260.5	36.3	24.0	.30	2.7	.028

Appendix Table D4.3.--Standard Errors for Table 4.3.--Nutrient Intakes: Mean per Individual in a Day,  
by Income Level, 1 Day, 1987-88--continued

Income Level, Sex, and Age (Years)	Riboflavin	Niacin	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus
	Milligrams	Milligrams	Micrograms	Micrograms	Micrograms	Milligrams	Milligrams
Under 131% Poverty:							
Males and Females:							
Under 1.....	0.157	1.96	0.086	10.6	0.220	81.2	70.8
1-2.....	.094	.60	.055	14.1	.291	59.0	50.4
3-5.....	.108	1.23	.087	16.5	.266	53.9	56.9
5 and under.....	.063	.44	.044	9.5	.175	40.1	36.3
Males:							
6-11.....	.095	1.30	.101	17.3	.267	50.5	61.7
12-19.....	.203	1.25	.143	30.8	1.169	87.6	89.8
20-39.....	.116	1.24	.116	18.9	1.519	60.7	70.0
40-59.....	.159	1.50	.116	19.1	.651	108.0	115.5
60 and over.....	.146	1.42	.131	24.3	1.812	49.5	53.5
20 and over.....	.099	.95	.087	14.5	1.026	47.0	55.8
Females:							
6-11.....	.122	1.56	.110	20.1	.420	46.6	57.3
12-19.....	.074	.58	.065	13.8	.298	41.1	45.1
20-39.....	.136	.83	.078	20.9	2.733	37.6	51.5
40-59.....	.077	1.08	.091	18.9	.245	33.6	53.1
60 and over.....	.170	.96	.077	12.5	3.791	35.6	45.7
20 and over.....	.096	.60	.049	11.5	1.785	23.4	33.8
All Individuals.....	.048	.43	.036	7.0	.848	19.5	21.9
131-300% Poverty:							
Males and Females:							
Under 1.....	.155	2.16	.050	21.9	.217	64.7	50.3
1-2.....	.061	.56	.049	8.2	.215	52.2	42.1
3-5.....	.091	.43	.045	9.0	2.577	50.4	46.5
5 and under.....	.061	.42	.033	7.6	1.415	36.1	33.0
Males:							
6-11.....	.099	1.31	.152	21.7	.495	55.9	50.8
12-19.....	.166	1.90	.191	38.5	.801	50.1	69.0
20-39.....	.108	1.20	.109	22.1	.647	60.8	76.9
40-59.....	.078	.85	.073	9.0	.324	46.5	49.1
60 and over.....	.104	.86	.071	18.2	.363	67.5	69.7
20 and over.....	.069	.75	.066	12.9	.374	37.8	48.1
Females:							
6-11.....	.089	.97	.074	13.3	.264	54.6	53.0
12-19.....	.139	1.24	.116	12.4	.484	76.1	69.2
20-39.....	.047	.49	.038	7.1	.875	24.2	26.4
40-59.....	.072	.74	.077	14.0	.542	29.1	37.8
60 and over.....	.059	.58	.045	12.9	.269	34.2	33.9
20 and over.....	.033	.33	.028	5.8	.449	17.4	18.1
All Individuals.....	.040	.38	.035	6.2	.332	23.6	26.7

Appendix Table D4.3.--Standard Errors for Table 4.3.--Nutrient Intakes: Mean per Individual in a Day,  
by Income Level, 1 Day, 1987-88--continued

	:	:	:	:	:	:	:
Income Level, Sex, and Age (Years)	: Riboflavin	: Niacin	: Vitamin B-6	: Folate	: Vitamin B-12	: Calcium	: Phosphorus
	:	:	:	:	:	:	:
	----- <u>Milligrams</u> -----			----- <u>Micrograms</u> -----		----- <u>Milligrams</u> -----	
Over 300% Poverty:							
Males and Females:							
Under 1.....	0.204	2.11	0.128	40.8	0.878	151.8	108.9
1-2.....	.117	1.00	.106	18.0	.441	57.7	53.3
3-5.....	.131	1.20	.102	24.0	.445	70.8	75.7
5 and under.....	.097	.86	.070	15.1	.320	62.5	55.1
Males:							
6-11.....	.139	1.47	.138	22.6	.421	90.7	64.1
12-19.....	.137	1.19	.086	19.4	.431	83.3	89.6
20-39.....	.078	.89	.079	11.9	.449	50.4	52.9
40-59.....	.070	.73	.072	11.1	.293	35.2	34.3
60 and over.....	.116	1.21	.158	20.1	.700	49.9	53.6
20 and over.....	.055	.63	.063	8.1	.242	34.1	35.8
Females:							
6-11.....	.147	1.64	.191	25.4	.512	61.9	64.9
12-19.....	.152	2.03	.192	35.3	.626	62.1	78.1
20-39.....	.046	.55	.049	8.7	.391	26.4	30.8
40-59.....	.051	.54	.051	8.0	.873	24.1	26.6
60 and over.....	.075	.64	.047	12.2	1.466	30.4	29.0
20 and over.....	.034	.35	.030	5.5	.631	16.8	19.2
All Individuals.....	.037	.41	.040	5.7	.287	20.0	21.6

Appendix Table D4.3.--Standard Errors for Table 4.3.--Nutrient Intakes: Mean per Individual in  
a Day, by Income Level, 1 Day, 1987-88--continued

Income Level, Sex, and Age (Years)	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
-----Milligrams-----						
Under 131% Poverty:						
Males and Females:						
Under 1.....	17.0	3.43	0.55	0.09	118.8	180.6
1-2.....	7.9	.74	.31	.03	75.5	78.1
3-5.....	11.1	.61	.32	.04	113.4	93.7
5 and under.....	6.6	.60	.22	.02	101.4	70.3
Males:						
6-11.....	14.4	1.30	.66	.05	155.9	126.9
12-19.....	17.0	1.31	.72	.08	530.2	188.3
20-39.....	18.0	.86	.70	.09	247.3	180.9
40-59.....	19.0	.80	.97	.08	387.8	184.5
60 and over.....	11.3	.95	.97	.10	170.9	138.1
20 and over.....	13.2	.58	.57	.06	182.1	127.3
Females:						
6-11.....	20.9	.98	.64	.06	95.5	102.6
12-19.....	8.1	.78	.45	.05	384.5	98.7
20-39.....	13.3	1.47	.58	.08	153.4	99.3
40-59.....	13.2	.71	.63	.06	187.7	123.5
60 and over.....	8.5	.68	.43	.09	100.4	78.1
20 and over.....	8.2	.76	.35	.05	94.8	65.5
All Individuals.....	5.8	.39	.23	.03	100.9	52.0
131-300% Poverty:						
Males and Females:						
Under 1.....	12.2	5.73	.33	.05	56.8	153.8
1-2.....	6.6	.58	.24	.04	73.1	73.9
3-5.....	9.6	.49	.40	.07	112.4	79.0
5 and under.....	5.9	.83	.29	.04	77.3	55.9
Males:						
6-11.....	11.2	1.09	.34	.05	124.4	89.0
12-19.....	18.4	4.34	1.28	.07	136.8	184.7
20-39.....	17.0	.81	.73	.07	188.2	145.4
40-59.....	10.2	.60	.66	.07	196.7	124.1
60 and over.....	16.0	.82	.71	.07	135.4	135.9
20 and over.....	10.4	.51	.49	.04	119.1	95.0
Females:						
6-11.....	8.9	.57	.38	.03	125.7	99.4
12-19.....	13.2	.87	.65	.05	139.7	137.0
20-39.....	5.9	.35	.34	.04	77.6	62.3
40-59.....	9.1	.62	.47	.04	113.4	91.7
60 and over.....	8.7	.52	.44	.03	79.4	54.7
20 and over.....	4.6	.27	.24	.02	52.7	43.1
All Individuals.....	5.7	.42	.25	.03	63.5	54.8

Appendix Table D4.3.--Standard Errors for Table 4.3.--Nutrient Intakes: Mean per Individual in  
a Day, by Income Level, 1 Day, 1987-88--continued

Income Level, Sex, and Age (Years)	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
-----Milligrams-----						
Over 300% Poverty:						
Males and Females:						
Under 1.....	9.8	3.79	1.18	0.28	63.8	119.5
1-2.....	9.3	.53	.42	.05	105.7	79.3
3-5.....	11.9	.98	1.13	.04	147.3	126.2
5 and under.....	8.6	.90	.70	.05	102.8	88.9
Males:						
6-11.....	10.3	1.06	.66	.04	105.4	163.9
12-19.....	13.8	.78	.80	.08	255.5	145.2
20-39.....	13.4	.55	.51	.05	159.9	108.7
40-59.....	7.3	.49	.55	.04	126.3	71.6
60 and over.....	12.6	1.10	.85	.06	159.1	140.8
20 and over.....	9.2	.40	.37	.04	110.2	77.7
Females:						
6-11.....	12.9	1.37	.90	.07	186.4	140.8
12-19.....	17.0	1.84	.89	.07	149.6	146.5
20-39.....	6.7	.43	.36	.04	80.9	63.4
40-59.....	6.6	.44	.34	.03	73.4	59.2
60 and over.....	6.8	.55	.43	.06	95.1	56.8
20 and over.....	4.4	.31	.25	.03	52.0	37.9
All Individuals.....	5.2	.30	.27	.02	59.8	45.2

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.



Appendix Table D4.4.--Standard Errors for Table 4.4.--Nutrient Intakes: Mean per Individual in a Day, by Race, 1 Day, 1987-88

Race, Sex, and Age (Years)	Percent of Population	Food Energy	Protein	Total Fat	Saturated Fatty Acids	Monounsaturated Fatty Acids	Polyunsaturated Fatty Acids	Cholesterol
	Percent	Kilocalories			Grams			Milligrams
White:								
Males and Females:								
Under 1.....	0.7	46.4	1.86	3.31	1.30	0.61	1.34	9.5
1-2.....	2.3	32.0	1.14	1.47	.67	.55	.40	9.7
3-5.....	3.6	50.2	2.39	2.43	1.05	.95	.40	14.2
5 and under.....	6.6	33.3	1.49	1.54	.68	.59	.34	8.8
Males:								
6-11.....	3.4	45.6	1.75	2.04	1.00	.75	.38	16.7
12-19.....	4.6	82.7	3.67	3.97	1.87	1.47	.70	17.2
20-39.....	13.9	57.2	2.09	2.50	.91	.97	.64	11.4
40-59.....	8.3	49.2	2.13	2.61	1.02	1.09	.54	15.2
60 and over.....	6.5	44.1	1.75	2.25	.79	.87	.78	9.0
20 and over.....	28.6	41.1	1.47	1.82	.68	.72	.44	7.7
Females:								
6-11.....	3.5	45.3	1.80	2.25	1.03	.77	.40	10.5
12-19.....	4.7	66.3	3.17	3.17	1.38	1.19	.59	16.6
20-39.....	14.2	30.3	1.26	1.44	.59	.54	.37	8.6
40-59.....	9.1	32.4	1.50	1.62	.61	.60	.38	8.9
60 and over.....	8.1	27.0	1.18	1.61	.67	.61	.38	8.5
20 and over.....	31.4	21.1	.87	1.02	.39	.38	.26	5.2
All Individuals.....	82.8	26.0	.98	1.16	.46	.43	.27	4.9
Black:								
Males and Females:								
Under 1.....	.3	100.7	2.97	3.12	2.63	.90	.58	16.5
1-2.....	.5	75.0	11.10	4.24	1.79	1.71	.62	69.7
3-5.....	.7	99.5	3.78	3.11	1.52	1.34	1.08	14.6
5 and under.....	1.6	64.6	5.30	2.75	1.38	1.13	.66	31.2
Males:								
6-11.....	.6	131.7	4.49	5.79	2.00	2.31	1.37	30.8
12-19.....	.7	161.1	7.19	6.84	2.04	2.68	1.96	76.8
20-39.....	1.6	111.5	5.29	5.76	2.10	2.32	1.41	32.7
40-59.....	1.3	173.0	6.95	7.37	2.67	3.12	1.41	28.8
60 and over.....	.5	302.9	14.99	10.80	2.94	4.90	2.40	76.8
20 and over.....	3.4	94.4	4.34	4.30	1.46	1.81	.95	21.6
Females:								
6-11.....	.7	97.6	3.20	5.77	2.36	2.47	1.03	32.9
12-19.....	1.0	81.6	2.99	3.87	1.98	1.59	.71	36.1
20-39.....	2.0	69.9	3.46	3.13	1.01	1.20	.99	21.3
40-59.....	1.3	62.7	3.68	3.11	1.33	1.17	.75	19.7
60 and over.....	1.0	64.7	5.77	2.78	1.26	.92	.65	34.9
20 and over.....	4.2	46.0	2.88	2.00	.77	.71	.56	17.3
All Individuals.....	12.2	44.1	2.22	1.76	.65	.75	.46	13.8

Appendix Table D4.4.--Standard Errors for Table 4.4.--Nutrient Intakes: Mean per Individual in a Day, by Race, 1 Day,  
1987-88--continued

Race, Sex, and Age (Years)	Carbohydrate	Dietary Fiber	Vitamin A	Vitamin A	Carotenes	Vitamin E	Vitamin C	Thiamin
	Grams	Units	Micrograms Retinol Equivalents	Milligrams Alpha-Tocopherol Equivalents	Milligrams	Milligrams	Milligrams	Milligrams
<b>White:</b>								
<b>Males and Females:</b>								
Under 1.....	4.55	0.53	369.4	80.4	48.7	1.45	9.8	0.089
1-2.....	4.68	.38	311.9	42.0	29.3	.22	6.2	.032
3-5.....	6.42	.40	887.2	135.4	82.7	.32	4.0	.039
5 and under.....	4.53	.32	556.1	83.2	50.7	.31	4.0	.028
<b>Males:</b>								
6-11.....	7.43	.41	410.1	58.2	39.2	.61	6.4	.060
12-19.....	11.29	.88	580.1	88.9	52.6	.91	7.5	.093
20-39.....	7.55	.68	400.4	53.3	36.6	.54	3.9	.044
40-59.....	6.20	.46	438.7	54.6	42.0	.41	4.5	.040
60 and over.....	6.70	.67	559.5	70.3	55.7	.69	6.1	.048
20 and over.....	5.61	.46	246.3	35.2	22.5	.38	3.2	.032
<b>Females:</b>								
6-11.....	6.00	.46	400.9	62.2	35.7	.59	6.3	.053
12-19.....	7.99	.52	358.5	63.9	45.1	.71	10.0	.063
20-39.....	4.18	.37	328.1	59.2	27.7	.26	2.8	.025
40-59.....	4.15	.35	372.8	62.7	33.0	.29	4.0	.032
60 and over.....	3.45	.33	327.1	56.2	30.2	.28	4.1	.029
20 and over.....	2.92	.23	198.3	36.9	17.0	.17	2.5	.017
All Individuals.....	3.60	.26	179.7	26.7	16.1	.23	2.4	.022
<b>Black:</b>								
<b>Males and Females:</b>								
Under 1.....	18.62	1.41	2,449.7	234.6	264.4	.79	19.2	.222
1-2.....	8.23	.65	481.0	73.1	47.1	.51	13.8	.218
3-5.....	16.04	1.06	661.3	141.5	95.7	.81	18.0	.087
5 and under.....	6.19	.55	626.7	78.2	75.6	.70	8.5	.094
<b>Males:</b>								
6-11.....	18.51	1.45	587.3	76.7	53.1	.81	14.0	.123
12-19.....	20.05	1.57	1,365.4	167.3	120.3	1.75	28.4	.253
20-39.....	14.38	1.13	739.5	153.2	74.6	.91	17.3	.084
40-59.....	26.03	1.74	1,020.8	174.8	69.2	.74	16.7	.194
60 and over.....	38.25	3.86	1,517.9	263.2	130.2	1.53	18.4	.288
20 and over.....	12.68	1.07	716.1	129.3	55.5	.60	11.5	.102
<b>Females:</b>								
6-11.....	15.12	1.05	835.8	97.5	86.8	.69	11.5	.108
12-19.....	15.01	.81	567.6	70.4	53.1	.45	34.5	.147
20-39.....	11.90	.51	754.9	101.3	74.9	.57	9.8	.067
40-59.....	8.01	.69	626.4	126.9	49.2	.37	7.2	.051
60 and over.....	8.15	1.01	1,883.1	576.3	39.9	.55	10.2	.066
20 and over.....	6.54	.44	580.2	157.7	37.8	.35	5.6	.046
All Individuals.....	6.33	.57	337.2	70.6	33.3	.30	7.3	.051

Appendix Table D4.4.--Standard Errors for Table 4.4.--Nutrient Intakes: Mean per Individual in a Day, by Race, 1 Day, 1987-88--continued

Race, Sex, and Age (Years)	Riboflavin	Niacin	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus
	Milligrams	Micrograms	Micrograms	Micrograms	Micrograms	Milligrams	Milligrams
<b>White:</b>							
<b>Males and Females:</b>							
Under 1.....	0.110	1.11	0.059	16.9	0.395	84.9	62.0
1-2.....	.054	.42	.045	7.1	.167	32.3	27.6
3-5.....	.082	.57	.051	9.1	1.176	46.3	45.1
5 and under.....	.054	.41	.033	6.0	.657	32.8	30.2
<b>Males:</b>							
6-11.....	.073	.76	.084	12.3	.252	48.5	37.3
12-19.....	.128	1.33	.129	22.1	.492	58.6	61.0
20-39.....	.060	.77	.065	10.5	.327	34.0	37.2
40-59.....	.046	.43	.044	6.6	.361	29.3	31.8
60 and over.....	.062	.59	.068	9.5	.342	33.6	30.5
20 and over.....	.041	.47	.042	6.6	.178	24.3	26.1
<b>Females:</b>							
6-11.....	.074	.70	.078	11.9	.271	39.2	36.0
12-19.....	.094	1.02	.087	17.9	.335	51.3	54.0
20-39.....	.039	.37	.032	6.6	.589	20.2	23.2
40-59.....	.043	.47	.044	7.0	.546	18.9	23.6
60 and over.....	.039	.33	.031	6.1	.544	22.0	21.0
20 and over.....	.027	.24	.022	4.1	.392	13.9	15.2
All Individuals.....	.029	.30	.028	4.5	.205	17.0	17.9
<b>Black:</b>							
<b>Males and Females:</b>							
Under 1.....	.200	2.79	.077	7.1	.240	85.5	71.6
1-2.....	.151	1.26	.086	16.0	.455	72.9	116.2
3-5.....	.155	1.57	.109	24.9	.368	91.8	88.4
5 and under.....	.098	.71	.059	11.1	.253	53.7	67.6
<b>Males:</b>							
6-11.....	.129	1.67	.145	19.1	.341	60.9	75.6
12-19.....	.246	1.19	.169	39.4	.347	121.0	125.4
20-39.....	.105	1.52	.128	22.1	1.609	46.2	65.6
40-59.....	.219	2.55	.217	43.1	.591	73.2	88.4
60 and over.....	.183	2.15	.190	62.8	2.431	84.3	208.9
20 and over.....	.103	1.49	.134	22.2	1.006	31.4	56.7
<b>Females:</b>							
6-11.....	.136	1.38	.129	19.4	.378	60.5	64.5
12-19.....	.163	1.78	.214	49.7	.542	43.6	38.9
20-39.....	.071	.71	.059	12.8	.902	30.3	44.2
40-59.....	.079	1.21	.092	17.3	.657	45.3	46.7
60 and over.....	.290	1.60	.119	23.2	6.329	41.8	70.1
20 and over.....	.095	.74	.058	10.7	1.649	22.5	34.3
All Individuals.....	.060	.61	.064	10.2	.719	20.2	28.6

Appendix Table D4.4.--Standard Errors for Table 4.4.--Nutrient Intakes: Mean per Individual in a Day, by Race, 1 Day, 1987-88--continued

Race, Sex, and Age (Years)	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
-----Milligrams-----						
White:						
Males and Females:						
Under 1.....	7.0	1.87	0.53	0.11	54.9	80.3
1-2.....	5.4	.34	.17	.03	49.6	57.6
3-5.....	8.1	.44	.52	.04	79.1	74.9
5 and under.....	5.5	.39	.31	.03	53.3	50.2
Males:						
6-11.....	6.8	.71	.31	.03	80.8	88.8
12-19.....	11.8	1.87	.73	.05	155.7	115.5
20-39.....	9.1	.45	.42	.04	104.6	72.1
40-59.....	6.0	.36	.44	.04	101.0	62.4
60 and over.....	7.3	.50	.40	.04	90.3	71.9
20 and over.....	6.3	.32	.29	.03	76.6	53.3
Females:						
6-11.....	6.6	.57	.34	.03	84.9	73.6
12-19.....	9.6	.78	.50	.04	113.2	92.6
20-39.....	5.1	.37	.22	.03	55.8	47.7
40-59.....	5.4	.39	.33	.03	58.1	51.8
60 and over.....	4.6	.28	.26	.03	57.5	43.5
20 and over.....	3.4	.23	.18	.02	38.8	32.8
All Individuals.....	3.8	.24	.18	.02	44.6	37.2
Black:						
Males and Females:						
Under 1.....	22.8	7.48	.38	.06	97.2	170.3
1-2.....	10.8	.87	1.51	.05	396.5	145.7
3-5.....	17.7	1.65	.78	.06	154.2	107.9
5 and under.....	8.5	1.80	.79	.04	208.4	94.7
Males:						
6-11.....	16.1	1.15	.93	.09	234.6	157.5
12-19.....	20.5	1.34	.93	.08	681.9	261.9
20-39.....	13.3	.62	.88	.08	277.2	194.8
40-59.....	20.9	1.70	1.20	.12	385.5	187.9
60 and over.....	57.1	2.70	1.63	.29	152.5	484.9
20 and over.....	13.1	.76	.73	.08	211.4	146.0
Females:						
6-11.....	11.8	1.07	.57	.08	193.0	116.2
12-19.....	10.3	2.02	.82	.04	404.7	88.5
20-39.....	8.3	.63	.64	.05	146.3	88.5
40-59.....	9.4	.39	.61	.04	138.4	91.3
60 and over.....	11.6	.90	.79	.17	150.2	101.7
20 and over.....	6.0	.47	.49	.05	105.2	58.3
All Individuals.....	6.4	.44	.37	.04	126.7	63.9

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

Appendix Table D5.1.--Standard Errors for Table 5.1.--Food Energy from Protein, Total Fat, Fatty Acids, and Carbohydrate:  
Mean Percentages per Individual in a Day, by Sex and Age, 1 Day, 1987-88

Sex and Age (Years)	Percent of Population	Protein	Total Fat	Saturated Fatty Acids	Monounsaturated Fatty Acids	Polyunsaturated Fatty Acids	Carbohydrate
	Percent						
Males and Females:							
Under 1.....	1.1	0.43	1.51	0.81	0.43	1.06	1.75
1-2.....	2.9	.48	.48	.29	.19	.21	.94
3-5.....	4.6	.33	.65	.40	.28	.19	.87
5 and under.....	8.7	.25	.46	.29	.18	.24	.63
Males:							
Under 1.....	.5	.59	2.31	1.02	.74	1.67	2.79
1-2.....	1.4	.92	.68	.44	.28	.23	1.68
3-5.....	2.5	.34	.77	.49	.29	.21	.94
6-11.....	4.4	.27	.48	.26	.21	.13	.62
12-19.....	5.7	.29	.58	.32	.19	.23	.79
20-29.....	8.3	.32	.69	.29	.30	.22	.66
30-39.....	8.2	.27	.53	.29	.22	.17	.65
40-49.....	5.8	.50	.72	.30	.32	.22	.75
50-59.....	4.1	.31	.68	.34	.27	.29	.74
60-69.....	4.0	.39	.58	.23	.26	.28	.77
70 and over.....	3.0	.44	.81	.35	.38	.33	1.11
80 and over.....	.8	.80	1.40	.76	.60	.57	1.56
20 and over.....	33.4	.17	.32	.15	.13	.11	.42
Females:							
Under 1.....	.6	.59	1.50	1.23	.41	1.06	1.68
1-2.....	1.5	.47	.70	.44	.28	.33	1.06
3-5.....	2.1	.53	.81	.45	.39	.26	1.20
6-11.....	4.6	.23	.60	.29	.23	.17	.68
12-19.....	6.1	.32	.54	.34	.22	.17	.66
20-29.....	8.5	.24	.54	.23	.21	.19	.66
30-39.....	8.6	.27	.56	.21	.24	.22	.64
40-49.....	6.4	.30	.52	.24	.25	.20	.63
50-59.....	4.3	.42	.56	.25	.24	.20	.74
60-69.....	4.7	.35	.63	.29	.27	.19	.80
70 and over.....	4.7	.41	.68	.27	.30	.22	.68
80 and over.....	1.6	.70	.96	.39	.51	.29	1.13
20 and over.....	37.1	.14	.30	.12	.11	.11	.34
All Individuals.....	100.0	.12	.24	.11	.09	.08	.31

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

Appendix Table D5.2.--Standard Errors for Table 5.2.--Food Energy from Protein, Total Fat, Fatty Acids, and Carbohydrate:  
Mean Percentages per Individual in a Day, by Region, 1 Day, 1987-88

Region, Sex, and Age (Years)	Percent of Population	Protein	Total Fat	Saturated Fatty Acids	Monounsaturated Fatty Acids	Polyunsaturated Fatty Acids	Carbohydrate
	Percent			Percent			
Northeast:							
Males and Females:							
Under 1.....	0.2	1.07	1.68	1.99	0.58	1.42	2.35
1-2.....	.5	1.18	1.26	.63	.42	.40	2.53
3-5.....	.7	.57	1.66	.96	.58	.24	2.24
5 and under.....	1.4	.58	1.05	.62	.40	.25	1.57
Males:							
6-11.....	1.1	.60	.83	.45	.42	.26	1.42
12-19.....	1.2	.62	1.18	.63	.38	.58	1.74
20-39.....	3.2	.46	1.05	.54	.41	.35	1.48
40-59.....	2.3	.58	1.42	.63	.57	.36	1.17
60 and over.....	1.5	.63	1.51	.47	.73	.38	2.34
20 and over.....	7.1	.37	.92	.35	.36	.28	1.17
Females:							
6-11.....	.9	.71	.89	.45	.37	.49	.76
12-19.....	1.1	.60	1.18	.78	.48	.42	1.53
20-39.....	3.3	.33	1.09	.33	.48	.38	1.16
40-59.....	2.7	.48	.47	.34	.32	.24	.62
60 and over.....	2.0	.59	1.41	.56	.63	.41	1.40
20 and over.....	8.1	.33	.68	.25	.28	.22	.76
All Individuals.....	20.8	.28	.63	.22	.24	.19	.79
Midwest:							
Males and Females:							
Under 1.....	.2	.64	1.80	1.13	.47	1.00	1.80
1-2.....	.7	.37	.81	.37	.34	.28	1.02
3-5.....	1.2	.83	1.34	.89	.53	.28	2.05
5 and under.....	2.1	.55	.89	.61	.38	.22	1.35
Males:							
6-11.....	1.1	.30	.82	.44	.37	.23	1.04
12-19.....	1.4	.36	1.28	.58	.46	.58	1.23
20-39.....	4.1	.38	.74	.30	.33	.22	.82
40-59.....	2.4	.82	.70	.34	.33	.32	.91
60 and over.....	1.7	.43	.68	.42	.28	.53	.83
20 and over.....	8.1	.32	.46	.24	.20	.17	.52
Females:							
6-11.....	1.1	.30	1.42	.66	.56	.26	1.59
12-19.....	1.8	.62	.80	.45	.41	.23	.85
20-39.....	4.5	.32	.98	.39	.35	.31	1.05
40-59.....	2.6	.51	.60	.21	.27	.30	.94
60 and over.....	2.0	.46	1.11	.37	.43	.39	1.23
20 and over.....	9.1	.23	.68	.25	.24	.25	.82
All Individuals.....	24.8	.22	.47	.20	.20	.14	.61



Appendix Table D5.2.--Standard Errors for Table 5.2.--Food Energy from Protein, Total Fat, Fatty Acids, and Carbohydrate:  
Mean Percentages per Individual in a Day, by Region, 1 Day, 1987-88--continued

Region, Sex, and Age (Years)	Percent of Population	Protein	Total Fat	Saturated Fatty Acids	Monounsaturated Fatty Acids	Polyunsaturated Fatty Acids	Carbohydrate
	Percent						
South:							
Males and Females:							
Under 1.....	0.6	0.46	2.52	1.15	0.72	1.88	3.07
1-2.....	1.3	.95	.76	.38	.30	.40	1.68
3-5.....	1.8	.45	1.04	.57	.52	.32	1.29
5 and under.....	3.6	.40	.79	.41	.29	.52	1.00
Males:							
6-11.....	1.2	.61	.95	.46	.39	.27	.93
12-19.....	1.8	.40	.75	.30	.31	.33	1.28
20-39.....	5.7	.41	.77	.31	.29	.24	.74
40-59.....	3.3	.46	.91	.39	.42	.24	1.04
60 and over.....	2.4	.48	.56	.24	.28	.26	.80
20 and over.....	11.4	.30	.50	.21	.19	.16	.52
Females:							
6-11.....	1.6	.39	.89	.45	.31	.24	.99
12-19.....	2.0	.46	.96	.53	.41	.22	1.17
20-39.....	5.9	.30	.49	.28	.21	.17	.67
40-59.....	3.4	.50	.67	.28	.24	.28	1.01
60 and over.....	3.4	.57	.85	.36	.39	.23	1.01
20 and over.....	12.7	.25	.39	.17	.16	.13	.48
All Individuals.....	34.2	.20	.32	.15	.13	.12	.39
West:							
Males and Females:							
Under 1.....	.1	1.63	1.40	1.37	.99	1.25	1.93
1-2.....	.5	.59	1.26	1.07	.51	.49	1.79
3-5.....	.9	.79	1.07	.55	.50	.32	1.53
5 and under.....	1.6	.57	.98	.69	.37	.32	1.29
Males:							
6-11.....	1.0	.37	1.03	.50	.45	.24	1.30
12-19.....	1.3	.80	1.08	.60	.35	.30	1.79
20-39.....	3.5	.39	.99	.49	.46	.31	1.26
40-59.....	1.9	.65	1.13	.68	.41	.60	1.39
60 and over.....	1.4	.42	1.19	.40	.47	.66	1.89
20 and over.....	6.8	.32	.73	.37	.31	.33	1.19
Females:							
6-11.....	1.0	.50	1.11	.66	.42	.29	1.38
12-19.....	1.3	.91	.81	.35	.37	.50	1.51
20-39.....	3.4	.55	.78	.36	.29	.32	.86
40-59.....	2.0	.38	1.01	.51	.46	.39	1.10
60 and over.....	1.9	.44	.80	.40	.35	.38	.97
20 and over.....	7.3	.27	.53	.27	.22	.27	.64
All Individuals.....	20.2	.27	.47	.26	.19	.23	.76

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

Appendix Table D5.3.--Standard Errors for Table 5.3.--Food Energy from Protein, Total Fat, Fatty Acids, and Carbohydrate:  
Mean Percentages per Individual in a Day, by Income Level, 1 Day, 1987-88

Income Level, Sex, and Age (Years)	Percentage of Population	Protein	Total Fat	Saturated Fatty Acids	Monounsaturated Fatty Acids	Polyunsaturated Fatty Acids	Carbohydrate
	Percent						
Under 131% Poverty:							
Males and Females:							
Under 1.....	0.4	0.62	1.93	1.79	0.76	2.19	1.93
1-2.....	.7	.40	.76	.50	.33	.27	1.02
3-5.....	1.1	.33	.97	.71	.41	.24	1.12
5 and under.....	2.2	.31	.58	.62	.33	.60	.65
Males:							
6-11.....	.9	.61	.97	.55	.40	.22	.91
12-19.....	.9	.38	1.71	.43	.61	.76	1.75
20-39.....	1.8	.60	.66	.27	.31	.27	1.21
40-59.....	.7	.85	1.01	.46	.40	.32	1.73
60 and over.....	.9	.48	.95	.44	.47	.29	1.34
20 and over.....	3.4	.34	.50	.23	.22	.19	.74
Females:							
6-11.....	1.1	.27	1.15	.60	.45	.26	1.31
12-19.....	1.1	.41	1.27	.53	.48	.35	1.43
20-39.....	2.6	.48	.87	.42	.33	.30	1.10
40-59.....	1.1	.66	1.05	.46	.43	.44	1.50
60 and over.....	2.0	.72	1.02	.30	.50	.33	1.10
20 and over.....	5.7	.32	.62	.25	.27	.19	.72
All Individuals.....	15.4	.21	.44	.21	.20	.18	.51
131-300% Poverty:							
Males and Females:							
Under 1.....	.3	.77	1.06	1.23	.32	.98	1.02
1-2.....	1.1	.69	1.15	.67	.39	.43	1.77
3-5.....	1.6	.44	1.08	.48	.51	.31	1.11
5 and under.....	3.0	.41	.73	.38	.34	.26	.91
Males:							
6-11.....	1.4	.50	.81	.36	.34	.29	1.22
12-19.....	1.8	.62	.79	.59	.25	.15	1.34
20-39.....	4.7	.30	.64	.33	.26	.25	.89
40-59.....	2.1	.45	.69	.31	.30	.27	.83
60 and over.....	2.0	.45	.65	.33	.29	.24	.85
20 and over.....	8.8	.25	.41	.20	.17	.16	.63
Females:							
6-11.....	1.6	.43	.62	.31	.25	.28	.88
12-19.....	1.8	.51	.54	.38	.27	.22	.76
20-39.....	4.6	.35	.69	.24	.29	.31	.82
40-59.....	2.3	.37	.87	.42	.36	.30	.97
60 and over.....	2.7	.41	.69	.28	.31	.24	.93
20 and over.....	9.6	.22	.47	.17	.20	.19	.58
All Individuals.....	28.0	.19	.29	.14	.11	.11	.47

Appendix Table D5.3.--Standard Errors for Table 5.3.--Food Energy from Protein, Total Fat, Fatty Acids, and Carbohydrate:  
Mean Percentages per Individual in a Day, by Income Level, 1 Day, 1987-88--continued

Income Level, Sex, and Age (Years)	Percentage of Population	Protein	Total Fat	Fatty Acids	Saturated Fatty Acids	Monounsaturated Fatty Acids	Polyunsaturated Fatty Acids	Carbohydrate
Percent					Percent			
Over 300% Poverty:								
Males and Females:								
Under 1.....	0.2	0.63	2.96	1.35	0.39	1.86	3.18	
1-2.....	.7	.53	.92	.66	.38	.30	1.47	
3-5.....	1.4	.78	1.31	.83	.52	.33	1.92	
5 and under.....	2.3	.49	1.01	.67	.37	.34	1.39	
Males:								
6-11.....	1.5	.41	.78	.48	.37	.24	1.06	
12-19.....	2.2	.56	.85	.45	.34	.44	1.28	
20-39.....	7.8	.31	.73	.34	.30	.24	.77	
40-59.....	5.3	.51	.80	.40	.35	.25	.78	
60 and over.....	2.4	.50	1.18	.41	.54	.51	1.76	
20 and over.....	15.5	.27	.54	.25	.21	.18	.67	
Females:								
6-11.....	1.4	.53	1.59	.75	.57	.36	1.81	
12-19.....	2.0	.60	.91	.44	.43	.39	1.12	
20-39.....	7.4	.30	.66	.27	.27	.24	.69	
40-59.....	5.3	.38	.50	.24	.27	.20	.74	
60 and over.....	2.3	.50	1.03	.50	.43	.33	1.15	
20 and over.....	15.1	.22	.40	.18	.16	.16	.44	
All Individuals.....	39.9	.19	.37	.17	.15	.13	.46	

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

Appendix Table D5.4.--Standard Errors for Table 5.4.--Food Energy from Protein, Total Fat, Fatty Acids, and Carbohydrate:  
Mean Percentages per Individual in a Day, by Race, 1 Day, 1987-88

Race, Sex, and Age (Years)	Percentage of Population	Protein	Total Fat	Saturated Fatty Acids	Monounsaturated Fatty Acids	Polyunsaturated Fatty Acids	Carbohydrate
	Percent						
White:							
Males and Females:							
Under 1.....	0.7	0.49	1.50	0.78	0.31	0.92	1.63
1-2.....	2.3	.26	.51	.37	.21	.23	.65
3-5.....	3.6	.39	.79	.44	.34	.22	1.05
5 and under.....	6.6	.25	.51	.31	.20	.21	.65
Males:							
6-11.....	3.4	.29	.52	.29	.23	.15	.66
12-19.....	4.6	.33	.62	.37	.21	.22	.88
20-39.....	13.9	.21	.43	.23	.18	.15	.52
40-59.....	8.3	.37	.54	.22	.25	.20	.57
60 and over.....	6.5	.30	.53	.21	.25	.23	.82
20 and over.....	28.6	.18	.29	.15	.13	.12	.44
Females:							
6-11.....	3.5	.19	.71	.33	.27	.18	.76
12-19.....	4.7	.36	.59	.34	.26	.19	.72
20-39.....	14.2	.20	.48	.20	.19	.17	.52
40-59.....	9.1	.26	.43	.20	.20	.16	.56
60 and over.....	8.1	.23	.54	.24	.23	.18	.61
20 and over.....	31.4	.14	.31	.13	.13	.12	.37
All Individuals.....	82.8	.13	.24	.11	.10	.09	.34
Black:							
Males and Females:							
Under 1.....	.3	.47	4.09	2.15	.72	2.21	4.47
1-2.....	.5	2.30	1.62	.86	.60	.43	3.33
3-5.....	.7	.61	.86	1.02	.41	.43	1.23
5 and under.....	1.6	1.00	.80	.65	.51	.78	1.32
Males:							
6-11.....	.6	.71	1.24	.59	.55	.45	1.67
12-19.....	.7	.57	1.04	.42	.44	.32	1.24
20-39.....	1.6	.86	1.33	.47	.60	.57	1.77
40-59.....	1.3	.73	1.67	.67	.68	.44	1.70
60 and over.....	.5	.66	1.53	.59	.62	.35	1.94
20 and over.....	3.4	.49	1.00	.37	.43	.34	1.11
Females:							
6-11.....	.7	.96	1.27	.66	.52	.48	1.78
12-19.....	1.0	.67	1.17	.73	.52	.23	1.72
20-39.....	2.0	.71	1.18	.48	.44	.49	1.67
40-59.....	1.3	.75	1.11	.54	.43	.43	1.20
60 and over.....	1.0	.97	1.60	.62	.69	.46	1.91
20 and over.....	4.2	.44	.85	.37	.31	.30	1.03
All Individuals.....	12.2	.31	.57	.28	.21	.26	.64

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

Appendix Table D6.--Standard Errors for Table 6.--Nutrient Intakes as Percentages of 1989 Recommended Dietary Allowances: Mean per Individual in a Day, by Sex and Age, 1 Day, 1987-88

Sex and Age (Years)	Percent of Population	Food Energy	Protein	Vitamin A: (IU)	Vitamin A: (MCG RE)	Vitamin E	Vitamin C	Thiamin	Riboflavin	Niacin
	Percent									
Males and Females:										
Under 1.....	1.1	6.5	12.6	61.9	30.2	25.3	33.5	27.2	21.3	22.2
1-2.....	2.9	2.4	14.3	13.2	9.1	3.7	10.7	7.3	6.3	4.5
3-5.....	4.6	2.5	9.7	35.2	24.5	4.4	10.5	4.3	7.0	5.0
5 and under.....	8.7	2.0	7.9	22.1	14.7	7.4	10.0	6.8	6.7	4.5
Males:										
Under 1.....	.5	8.7	15.8	108.9	49.4	44.7	46.3	28.0	26.6	27.1
1-2.....	1.4	3.6	27.9	18.7	13.2	4.1	21.2	13.9	9.3	6.5
3-5.....	2.5	3.0	11.2	32.3	31.7	6.4	14.1	5.1	9.3	6.1
6-11.....	4.4	2.0	5.2	12.8	8.9	7.0	12.4	5.0	5.2	5.0
12-19.....	5.7	2.7	6.4	10.8	7.7	7.9	16.1	5.9	6.5	5.8
20-29.....	8.3	2.8	5.1	9.0	7.2	6.6	9.3	4.0	5.1	4.9
30-39.....	8.2	2.5	4.4	11.8	7.4	6.9	7.8	3.5	4.1	4.9
40-49.....	5.8	2.3	4.5	12.0	7.4	5.5	11.4	4.1	4.2	4.1
50-59.....	4.1	2.4	3.6	8.3	6.6	3.8	7.8	4.4	4.2	3.7
60-69.....	4.0	2.6	4.2	15.6	9.1	8.8	12.5	5.0	5.9	5.4
70 and over.....	3.0	3.3	5.7	11.8	10.2	8.9	13.1	6.7	6.9	5.7
80 and over.....	.8	6.0	9.7	28.6	30.6	10.8	29.3	8.7	12.2	9.9
20 and over.....	33.4	1.5	2.6	4.6	3.4	3.6	5.2	2.3	2.5	2.5
Females:										
Under 1.....	.6	5.6	14.6	30.4	18.8	20.3	31.8	45.0	27.7	28.9
1-2.....	1.5	2.9	10.2	17.1	13.2	4.9	14.7	6.4	9.7	6.7
3-5.....	2.1	3.3	12.4	65.8	34.3	5.1	13.0	5.8	8.5	7.2
6-11.....	4.6	2.2	6.7	9.5	7.3	6.1	12.2	4.9	5.5	5.6
12-19.....	6.1	2.3	5.5	7.8	6.6	7.0	22.9	5.1	5.8	5.8
20-29.....	8.5	1.7	3.4	10.6	6.4	5.4	5.8	3.1	3.1	3.5
30-39.....	8.6	1.7	3.4	9.4	10.4	3.1	6.2	3.2	4.1	3.4
40-49.....	6.4	1.8	3.5	12.1	8.9	3.3	8.2	3.4	3.7	3.5
50-59.....	4.3	1.9	3.9	12.4	12.0	5.9	7.7	4.8	5.1	5.7
60-69.....	4.7	1.6	3.2	9.6	8.0	2.6	8.1	3.1	4.0	3.6
70 and over.....	4.7	1.9	4.0	13.8	18.5	5.7	10.7	3.7	5.9	4.3
80 and over.....	1.6	2.2	6.2	26.3	38.0	9.5	11.6	5.9	11.5	7.2
20 and over.....	37.1	.9	1.8	4.6	4.5	1.9	3.9	1.6	2.0	1.7
All Individuals.....	100.0	1.0	2.3	4.2	3.3	2.3	4.2	1.8	2.0	1.7

Appendix Table D6.--Standard Errors for Table 6.--Nutrient Intakes as Percentages of 1989 Recommended Dietary Allowances: Mean per Individual in a Day, by Sex and Age, 1 Day, 1987-88--continued

Sex and Age (Years)	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus	Magnesium	Iron	Zinc
-----Percent-----								
Males and Females:								
Under 1.....	8.7	34.3	58.6	11.1	10.2	18.8	39.0	8.0
1-2.....	3.8	11.2	22.1	3.8	3.9	6.3	3.1	3.1
3-5.....	4.2	13.3	93.1	5.0	4.9	7.5	4.0	4.2
5 and under.....	2.8	10.7	51.5	3.8	3.6	5.7	5.9	3.0
Males:								
Under 1.....	10.8	58.7	113.7	14.2	11.7	22.2	31.5	14.1
1-2.....	6.6	18.1	29.7	4.5	5.8	9.5	5.1	5.9
3-5.....	4.7	16.7	152.8	6.2	5.8	10.6	5.2	3.4
6-11.....	4.9	11.0	17.8	4.9	3.9	4.6	5.9	2.6
12-19.....	5.5	9.9	21.9	4.2	4.5	2.9	12.9	4.2
20-29.....	4.4	8.2	32.1	5.5	6.1	3.9	6.1	3.3
30-39.....	3.9	6.3	15.4	5.1	5.7	2.9	6.2	3.8
40-49.....	3.5	6.0	26.8	4.7	4.8	2.3	5.9	4.0
50-59.....	2.7	4.1	18.2	3.9	4.5	2.0	4.2	2.8
60-69.....	3.7	6.1	25.1	5.6	5.2	2.8	6.7	3.7
70 and over.....	6.2	7.9	32.7	5.2	6.4	3.3	7.5	4.2
80 and over.....	7.4	16.0	111.9	6.6	10.7	6.7	12.7	5.4
20 and over.....	2.2	3.2	9.4	2.8	3.2	1.8	3.2	1.8
Females:								
Under 1.....	11.5	35.6	41.8	12.4	12.8	25.3	62.2	5.7
1-2.....	5.4	21.2	34.3	6.8	5.6	8.2	4.1	2.6
3-5.....	6.3	17.4	53.1	6.2	6.1	7.4	6.2	7.4
6-11.....	5.3	10.4	16.6	3.8	4.0	5.2	5.1	3.4
12-19.....	5.1	8.9	13.4	3.5	3.3	2.9	4.6	3.3
20-29.....	2.6	4.3	24.1	2.9	3.2	1.9	2.2	2.4
30-39.....	2.7	4.8	42.2	2.9	3.6	2.3	3.7	2.7
40-49.....	3.2	4.9	29.3	3.0	3.5	2.2	2.6	2.9
50-59.....	3.8	5.2	42.4	3.0	3.4	2.6	5.9	3.8
60-69.....	2.4	3.6	30.4	2.9	3.0	1.7	3.4	2.9
70 and over.....	3.1	5.4	80.7	3.5	3.9	2.8	3.7	2.9
80 and over.....	5.5	9.5	160.9	4.3	5.0	2.8	7.1	6.7
20 and over.....	1.3	2.1	19.5	1.6	1.8	1.2	1.6	1.4
All Individuals.....	1.5	2.9	11.4	1.8	2.0	1.5	2.0	1.4

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.



Appendix Table DA1.1-1.--Standard Errors for Table A1.1-1.--Meat, Poultry, Fish: Mean Intakes per Individual in a Day, by Sex and Age, 1 Day, 1977-78

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NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1977-78.

Appendix Table DA1.1-2.--Standard Errors for Table A1.1-2.--Meat, Poultry, Fish: Percentage of Individuals Using at Least Once, by Sex and Age, 1 Day, 1977-78

Sex and Age (Years)	:	:	:	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:	:	:	:
	Percent	:	:	:	Lamb,	:	Frankfurters,	:	:	:	Mixtures
	of	Total	Beef	Pork	Veal,	Organ	Sausages,	Poultry	:	:	Mainly
	Population:	:	:	:	Game	Meats	Luncheon	:	Fish and	Meat,	Poultry,
:	:	:	:	:	:	Meats	:	:	Shellfish	:	Fish
:	:	:	:	:	:	:	:	Total	Chicken	:	:
:	:	:	:	:	:	:	:	:	:	:	:
-----											
	Percent							Percent			
Males and Females:											
Under 1.....	1.1	2.42	1.42	0.90	0.90	0.62	1.02	1.27	1.14	0.34	2.06
1-2.....	2.8	.96	1.41	1.26	.39	.49	1.46	1.22	1.19	.80	1.36
3-5.....	4.6	.68	1.13	1.01	.24	.37	1.15	.96	.92	.60	1.09
5 and under.....	8.5	.63	.80	.70	.22	.27	.81	.68	.65	.42	.79
Males:											
6-11.....	5.0	.51	1.09	.96	.24	.31	1.09	.92	.87	.62	1.08
12-19.....	7.5	.39	.95	.86	.18	.29	.91	.76	.72	.53	.94
20-29.....	6.8	.59	1.24	1.11	.29	.34	1.19	.96	.90	.77	1.23
30-39.....	5.3	.63	1.42	1.35	.38	.45	1.40	1.12	1.04	.84	1.38
40-49.....	4.3	.50	1.62	1.56	.50	.53	1.56	1.23	1.13	.97	1.51
50-59.....	4.6	.47	1.56	1.49	.50	.59	1.47	1.21	1.11	1.00	1.46
60-69.....	3.6	.69	1.73	1.62	.63	.76	1.65	1.47	1.40	.93	1.54
70 and over.....	2.5	.88	1.92	1.94	.68	.70	1.82	1.67	1.60	1.02	1.78
20 and over.....	27.2	.26	.63	.59	.19	.22	.60	.50	.47	.38	.60
Females:											
6-11.....	5.2	.54	1.08	.90	.28	.28	1.06	.87	.82	.63	1.04
12-19.....	7.8	.52	.91	.79	.21	.21	.86	.77	.74	.56	.89
20-29.....	9.3	.63	1.05	.96	.23	.27	.98	.88	.84	.65	1.02
30-39.....	8.0	.66	1.16	1.03	.34	.38	1.09	.92	.87	.77	1.13
40-49.....	6.1	.68	1.33	1.22	.44	.43	1.21	1.11	1.05	.89	1.23
50-59.....	6.6	.66	1.23	1.15	.35	.50	1.10	1.04	.99	.76	1.18
60-69.....	5.0	.75	1.38	1.26	.50	.54	1.15	1.11	1.05	.86	1.26
70 and over.....	3.8	.96	1.46	1.36	.49	.53	1.32	1.29	1.20	.82	1.31
20 and over.....	38.8	.29	.51	.46	.15	.17	.46	.42	.40	.32	.48
All Individuals.....	100.0	.16	.30	.27	.08	.10	.28	.24	.23	.18	.29

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1977-78.

Appendix Table DA1.2-1.--Standard Errors for Table A1.2-1.--Milk and Milk Products: Mean Intakes per Individual in a Day, by Sex and Age, 1 Day, 1977-78

Sex and Age (Years)	Percent	Total	Total	Milk and Milk Drinks				Milk	Desserts	Cheese
	of									
	Population:			Total	Fluid Milk			Yogurt		
					Total	Whole	Lowfat/Skim			
Males and Females:										
Under 1.....	1.1	18.0	16.6	18.1	20.1	16.6	12.7	0.7	0.9	0.7
1-2.....	2.8	15.8	14.5	16.3	16.7	20.8	14.8	.6	1.0	.7
3-5.....	4.6	9.8	10.7	9.9	9.9	14.2	11.5	.3	1.2	.6
5 and under.....	8.5	11.7	10.3	12.2	10.0	13.8	11.9	.3	1.0	.5
Males:										
6-11.....	5.0	13.4	14.6	12.8	11.9	9.4	9.4	.6	3.4	.7
12-19.....	7.5	20.4	22.6	19.1	17.6	10.4	10.4	.5	2.2	.9
20-29.....	6.8	13.7	14.7	13.0	13.0	9.0	7.0	1.0	1.5	1.0
30-39.....	5.3	11.5	12.0	9.7	10.2	9.2	6.8	.6	3.6	1.4
40-49.....	4.3	10.2	13.2	10.3	9.8	6.7	6.2	.6	1.6	1.8
50-59.....	4.6	9.9	11.3	9.6	8.8	6.8	6.5	.9	2.8	1.6
60-69.....	3.6	11.6	10.9	10.9	10.7	7.9	5.7	.5	2.7	1.4
70 and over.....	2.5	13.5	14.7	13.3	13.8	14.7	5.1	.9	2.4	1.6
20 and over.....	27.2	6.5	7.1	6.2	6.4	5.8	3.3	.4	1.2	.6
Females:										
6-11.....	5.2	13.1	14.3	11.8	11.5	7.8	8.8	.2	2.0	.7
12-19.....	7.8	13.4	15.5	12.8	12.5	9.8	6.5	.3	1.4	.6
20-29.....	9.3	9.1	10.0	9.0	9.0	6.6	4.7	1.2	1.1	.8
30-39.....	8.0	9.0	10.8	8.6	7.2	4.3	5.6	.9	.9	1.0
40-49.....	6.1	6.8	8.2	6.5	6.9	5.7	4.6	.8	1.2	1.8
50-59.....	6.6	5.7	6.6	4.6	4.5	5.3	3.3	1.0	1.3	1.1
60-69.....	5.0	6.3	9.3	5.2	5.2	5.2	4.6	1.0	2.1	1.5
70 and over.....	3.8	6.0	6.1	6.4	6.4	7.8	2.6	.7	1.6	1.3
20 and over.....	38.8	4.2	5.6	3.9	3.5	4.3	2.7	.6	.6	.7
All Individuals.....	100.0	7.0	8.1	6.5	6.2	5.6	4.6	.3	1.0	.4

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1977-78.

Appendix Table DA1.2-2.--Standard Errors for Table A1.2-2.--Milk and Milk Products: Percentage of Individuals Using at Least Once, by Sex and Age, 1 Day, 1977-78

Sex and Age (Years)	Percent of Population	Total	Milk and Milk Drinks						Milk Desserts	Cheese
			Total	Fluid Milk			Yogurt			
				Total	Whole	Lowfat/Skim				
								<u>Percent</u>		
-----										
Males and Females:										
Under 1.....	1.1	1.24	1.28	2.41	2.15	1.68	0.66	1.00	1.11	
1-2.....	2.8	.72	.82	.89	1.55	1.34	.39	1.18	1.21	
3-5.....	4.6	.59	.72	.78	1.21	1.01	.30	.99	.98	
5 and under.....	8.5	.43	.50	.64	.89	.74	.22	.68	.68	
Males:										
6-11.....	5.0	.55	.65	.73	1.15	.93	.22	.96	.82	
12-19.....	7.5	.61	.71	.76	.98	.76	.15	.78	.77	
20-29.....	6.8	1.07	1.23	1.25	1.18	.88	.35	.84	1.14	
30-39.....	5.3	1.27	1.43	1.45	1.29	1.03	.37	1.03	1.31	
40-49.....	4.3	1.39	1.60	1.61	1.42	1.20	.38	1.24	1.43	
50-59.....	4.6	1.20	1.49	1.50	1.43	1.21	.29	1.21	1.45	
60-69.....	3.6	1.42	1.70	1.71	1.51	1.44	.27	1.45	1.51	
70 and over.....	2.5	1.52	1.85	1.87	1.98	1.55	.43	1.57	1.75	
20 and over.....	27.2	.53	.62	.63	.58	.47	.15	.47	.57	
Females:										
6-11.....	5.2	.46	.57	.67	1.12	.91	.17	.98	.86	
12-19.....	7.8	.71	.83	.88	.95	.70	.17	.72	.76	
20-29.....	9.3	.94	1.08	1.10	.99	.84	.36	.70	.99	
30-39.....	8.0	1.04	1.20	1.21	1.02	.93	.41	.76	1.10	
40-49.....	6.1	1.21	1.38	1.38	1.17	1.03	.34	.93	1.24	
50-59.....	6.6	1.07	1.26	1.28	1.11	1.04	.42	.92	1.18	
60-69.....	5.0	1.13	1.37	1.39	1.26	1.19	.46	1.04	1.29	
70 and over.....	3.8	1.15	1.42	1.45	1.44	1.28	.37	1.23	1.39	
20 and over.....	38.8	.45	.52	.53	.47	.42	.17	.36	.48	
All Individuals.....	100.0	.24	.29	.30	.29	.24	.08	.23	.27	

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1977-78.

Appendix Table DA1.3-1.--Standard Errors for Table A1.3-1.--Vegetables: Mean Intakes per Individual in a Day, by Sex and Age, 1 Day, 1977-78

Sex and Age (Years)	Percent of Population	Total : Vegetables and Fruits	Vegetables					
			Total	White : Potatoes	Tomatoes	Dark-Green : Vegetables	Deep-Yellow : Vegetables	Other : Vegetables
Percent	-----Grams-----							
Males and Females:								
Under 1.....	1.1	9.7	5.7	2.1	0.8	1.0	1.3	4.0
1-2.....	2.8	9.3	3.7	2.7	1.1	.6	.8	2.8
3-5.....	4.6	7.0	3.6	2.2	1.0	.6	.6	2.0
5 and under.....	8.5	6.7	2.9	2.0	.7	.4	.5	1.7
Males:								
6-11.....	5.0	8.8	6.0	3.3	1.2	1.0	.8	3.4
12-19.....	7.5	6.8	4.4	3.0	1.0	1.1	1.0	3.1
20-29.....	6.8	8.7	9.1	4.8	2.0	1.4	.8	4.3
30-39.....	5.3	8.9	7.9	4.6	2.2	1.0	1.4	4.5
40-49.....	4.3	10.6	8.5	4.5	3.1	1.9	1.1	4.0
50-59.....	4.6	10.3	8.4	5.7	2.6	1.4	1.1	3.3
60-69.....	3.6	8.7	7.7	3.4	2.2	1.9	1.9	5.5
70 and over.....	2.5	16.5	9.9	6.2	2.9	1.7	1.6	6.9
20 and over.....	27.2	5.5	5.5	3.2	.9	1.0	.4	2.6
Females:								
6-11.....	5.2	9.4	6.5	3.2	1.3	.9	.8	3.6
12-19.....	7.8	7.1	4.3	2.2	1.3	1.0	.6	2.4
20-29.....	9.3	7.7	3.9	2.1	1.5	.9	1.0	2.5
30-39.....	8.0	7.7	4.5	1.7	2.1	.9	.9	2.7
40-49.....	6.1	8.7	5.3	4.2	1.8	.9	1.1	4.0
50-59.....	6.6	9.3	5.3	2.1	1.8	1.2	1.1	3.8
60-69.....	5.0	9.9	6.9	3.5	2.6	1.5	1.3	4.2
70 and over.....	3.8	14.1	6.6	3.7	1.9	1.4	1.6	3.7
20 and over.....	38.8	5.0	2.4	1.4	1.0	.7	.3	1.7
All Individuals.....	100.0	4.3	2.8	1.9	.6	.7	.3	1.6

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1977-78.

Appendix Table DA1.3-2.--Standard Errors for Table A1.3-2.--Vegetables: Percentage of Individuals Using at Least Once, by Sex and Age, 1 Day, 1977-78

Sex and Age (Years)	Percent of Population	Total Vegetables and Fruits	Vegetables					
			Total	White Potatoes	Tomatoes	Dark-Green Vegetables	Deep-Yellow Vegetables	Other Vegetables
	Percent							
Males and Females:								
Under 1.....	1.1	1.89	2.41	1.59	0.42	0.93	1.88	2.31
1-2.....	2.8	.91	1.28	1.55	1.01	.67	.96	1.56
3-5.....	4.6	.74	.96	1.21	.96	.57	.68	1.20
5 and under.....	8.5	.56	.75	.88	.63	.40	.55	.89
Males:								
6-11.....	5.0	.61	.84	1.15	.87	.53	.71	1.11
12-19.....	7.5	.53	.67	.97	.82	.47	.53	.93
20-29.....	6.8	.75	.88	1.28	1.12	.64	.64	1.22
30-39.....	5.3	.76	.92	1.46	1.27	.76	.81	1.29
40-49.....	4.3	.88	1.06	1.63	1.43	.82	.96	1.41
50-59.....	4.6	.71	1.01	1.58	1.42	.81	.89	1.35
60-69.....	3.6	.78	1.00	1.77	1.61	1.04	1.08	1.52
70 and over.....	2.5	1.07	1.44	2.07	1.75	1.13	1.37	1.95
20 and over.....	27.2	.33	.42	.64	.57	.34	.37	.58
Females:								
6-11.....	5.2	.55	.76	1.13	.93	.57	.67	1.06
12-19.....	7.8	.58	.74	.97	.80	.43	.48	.94
20-29.....	9.3	.66	.82	1.11	.98	.51	.64	1.05
30-39.....	8.0	.70	.85	1.21	1.05	.64	.67	1.09
40-49.....	6.1	.72	.92	1.37	1.24	.78	.82	1.25
50-59.....	6.6	.59	.84	1.29	1.15	.70	.79	1.10
60-69.....	5.0	.67	.95	1.42	1.31	.91	.98	1.28
70 and over.....	3.8	.75	1.02	1.57	1.35	.88	1.14	1.43
20 and over.....	38.8	.29	.37	.53	.47	.29	.33	.48
All Individuals.....	100.0	.17	.22	.31	.27	.16	.18	.29

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1977-78.



Appendix Table DA1.4-1.--Standard Errors for Table A1.4-1.--Fruits: Mean Intakes per Individual in a Day, by Sex and Age, 1 Day, 1977-78

Sex and Age (Years)	Percent of Population	Total	Citrus Fruits and Juices		Dried Fruits	Other Fruits, Mixtures, Juices				
			Total	Juices		Total	Apples	Bananas	Other Fruits and Mixtures Mainly Fruit	Noncitrus Juices and Nectars
Percent	-----Grams-----									
Males and Females:										
Under 1.....	1.1	5.9	3.2	3.1	*	7.2	2.7	1.6	6.6	2.9
1-2.....	2.8	8.7	3.9	3.4	0.3	7.4	1.9	1.5	3.3	3.0
3-5.....	4.6	8.2	3.6	3.2	.2	5.5	1.5	1.0	1.9	2.7
5 and under.....	8.5	7.2	2.6	2.4	.2	5.5	1.3	1.0	2.2	2.2
Males:										
6-11.....	5.0	7.0	3.3	2.7	.2	4.9	1.6	1.1	4.4	2.2
12-19.....	7.5	5.9	3.4	3.6	.1	3.6	2.0	1.2	1.9	1.4
20-29.....	6.8	7.4	4.1	3.8	.1	4.4	1.0	1.0	2.8	1.9
30-39.....	5.3	5.1	4.0	3.4	.1	3.5	1.7	.8	2.4	2.0
40-49.....	4.3	10.1	6.5	5.0	.1	6.6	1.6	.9	5.4	1.7
50-59.....	4.6	7.2	3.7	2.8	.3	5.4	1.9	1.5	4.2	1.7
60-69.....	3.6	5.3	4.9	5.6	.5	5.9	2.1	1.7	5.5	1.6
70 and over.....	2.5	11.4	6.6	6.2	.8	6.9	1.4	2.1	5.2	2.9
20 and over.....	27.2	4.6	3.2	2.8	.1	2.6	.6	.7	2.0	1.0
Females:										
6-11.....	5.2	6.3	3.6	3.1	.1	3.5	1.3	.9	1.9	2.0
12-19.....	7.8	4.6	3.1	3.0	.2	2.7	1.2	.8	1.0	1.4
20-29.....	9.3	6.2	3.7	3.4	.1	4.0	1.0	.6	2.6	1.8
30-39.....	8.0	6.2	3.2	3.5	.1	3.7	.9	.8	2.1	1.3
40-49.....	6.1	5.2	4.6	4.1	.1	2.1	1.8	.7	2.8	1.1
50-59.....	6.6	6.2	4.4	4.2	.2	4.6	1.3	.9	5.0	1.6
60-69.....	5.0	7.0	4.8	4.8	.4	4.1	1.8	.9	4.0	1.3
70 and over.....	3.8	11.2	4.6	4.0	.5	8.0	2.3	1.5	3.9	3.2
20 and over.....	38.8	4.4	2.8	2.6	.1	2.3	.4	.4	1.5	.8
All Individuals.....	100.0	4.0	2.5	2.2	.1	2.1	.5	.5	1.3	.5

\* Value less than .05 but greater than 0.

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1977-78.

Appendix Table DA1.4-2.--Standard Errors for Table A1.4-2.--Fruits: Percentage of Individuals Using at Least Once, by Sex and Age, 1 Day, 1977-78

Sex and Age (Years)	Percent of Population	Total	Citrus Fruits and Juices			Other Fruits, Mixtures, Juices				
			Total	Juices	Dried Fruits	Total	Apples	Bananas	Other Fruits and Mixtures Mainly Fruit	Noncitrus Juices and Nectars
	Percent					Percent				
Males and Females:										
Under 1.....	1.1	2.17	1.64	1.63	0.21	2.25	2.01	1.74	2.41	2.01
1-2.....	2.8	1.52	1.45	1.42	.64	1.55	1.13	1.05	1.25	1.07
3-5.....	4.6	1.21	1.13	1.09	.40	1.18	.86	.68	.87	.74
5 and under.....	8.5	.87	.81	.79	.30	.88	.65	.56	.72	.60
Males:										
6-11.....	5.0	1.14	1.08	1.03	.23	1.15	.84	.62	.96	.59
12-19.....	7.5	.98	.91	.87	.16	.90	.65	.46	.72	.33
20-29.....	6.8	1.27	1.13	1.06	.20	1.12	.78	.63	.86	.46
30-39.....	5.3	1.46	1.33	1.26	.28	1.34	.86	.65	1.05	.64
40-49.....	4.3	1.63	1.50	1.40	.23	1.51	1.10	.80	1.17	.71
50-59.....	4.6	1.54	1.52	1.43	.41	1.55	1.08	1.08	1.26	.62
60-69.....	3.6	1.73	1.65	1.51	.55	1.75	1.16	1.14	1.55	.78
70 and over.....	2.5	1.99	2.03	1.91	.93	2.07	1.30	1.48	1.87	1.14
20 and over.....	27.2	.64	.60	.56	.16	.61	.41	.37	.50	.27
Females:										
6-11.....	5.2	1.10	1.09	1.05	.25	1.12	.87	.59	.95	.54
12-19.....	7.8	.96	.88	.84	.20	.89	.65	.42	.69	.38
20-29.....	9.3	1.11	.98	.93	.26	.99	.63	.46	.77	.45
30-39.....	8.0	1.22	1.11	1.05	.32	1.13	.72	.54	.91	.53
40-49.....	6.1	1.38	1.29	1.21	.26	1.30	.84	.59	1.08	.52
50-59.....	6.6	1.26	1.28	1.21	.37	1.30	.92	.74	1.14	.55
60-69.....	5.0	1.34	1.43	1.38	.42	1.44	.97	.92	1.32	.73
70 and over.....	3.8	1.51	1.55	1.45	.75	1.58	1.11	1.08	1.40	.90
20 and over.....	38.8	.54	.51	.48	.15	.51	.34	.27	.43	.24
All Individuals.....	100.0	.31	.29	.27	.08	.30	.20	.17	.25	.14

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1977-78.

Appendix Table DA1.5-1.--Standard Errors for Table A1.5-1.--Grain Products: Mean Intakes per Individual in a Day, by Sex and Age, 1 Day, 1977-78

Sex and Age (Years)	Percent of Population	Total	Yeast Breads and Rolls	Quick Breads, Pancakes, French Toast	Cakes, Cookies, Pastries, Pies	Crackers, Popcorn, Pretzels, Corn Chips	Cereals and Pastas	Ready-to-Eat Cereals	Mainly Grain Mixtures
Males and Females:									
Under 1.....	1.1	5.0	0.5	0.4	0.4	0	3.4	0.3	2.5
1-2.....	2.8	4.4	1.0	1.1	1.2	.3	5.1	.6	3.6
3-5.....	4.6	3.8	.9	1.3	1.7	.3	3.7	.6	3.5
5 and under.....	8.5	3.3	.8	.9	1.3	.3	3.3	.4	2.9
Males:									
6-11.....	5.0	4.3	1.4	2.1	2.4	.4	3.6	.7	4.9
12-19.....	7.5	5.2	1.5	2.3	2.8	.5	3.9	.8	3.6
20-29.....	6.8	6.5	1.8	2.8	1.8	.6	6.4	.7	4.2
30-39.....	5.3	7.5	1.4	2.8	3.1	.5	3.4	.5	6.4
40-49.....	4.3	11.2	1.8	2.8	1.6	.5	3.6	.7	6.5
50-59.....	4.6	7.0	1.7	3.4	2.7	.6	6.8	.6	4.8
60-69.....	3.6	8.1	1.6	3.3	2.2	.5	3.9	.9	6.0
70 and over.....	2.5	12.1	2.1	2.2	4.3	.4	5.8	.9	4.7
20 and over.....	27.2	4.3	1.0	2.2	1.7	.3	3.6	.3	3.1
Females:									
6-11.....	5.2	4.8	1.3	1.5	1.2	.4	4.6	.7	3.0
12-19.....	7.8	4.5	1.4	1.9	2.1	.5	4.1	.5	2.5
20-29.....	9.3	5.4	1.1	1.6	1.6	.3	4.5	.5	4.6
30-39.....	8.0	4.6	1.1	1.7	1.6	.4	5.0	.4	2.4
40-49.....	6.1	4.1	1.4	1.7	1.9	.3	4.3	.5	2.9
50-59.....	6.6	3.3	1.0	1.6	1.4	.3	3.1	.6	2.2
60-69.....	5.0	4.1	1.2	1.8	1.5	.3	3.0	.5	2.9
70 and over.....	3.8	4.5	1.0	2.2	2.1	.3	2.7	.7	4.3
20 and over.....	38.8	2.4	.5	1.4	1.1	.2	3.5	.2	1.8
All Individuals.....	100.0	1.9	.5	1.5	1.3	.2	3.3	.2	1.5

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1977-78.

Appendix Table DA1.5-2.--Standard Errors for Table A1.5-2.--Grain Products: Percentage of Individuals Using at Least Once, by Sex and Age, 1 Day, 1977-78

Sex and Age (Years)	Percent of Population	Total	Yeast Breads and Rolls	Quick Breads, Pancakes, French Toast	Cakes, Cookies, Pastries, Pies	Crackers, Popcorn, Pretzels, Corn Chips	Cereal and Pastas Total	Ready- to-Eat Cereals	Mixtures Mainly Grain
	Percent								
Males and Females:									
Under 1.....	1.1	1.73	1.55	1.05	1.59	1.07	1.94	1.27	1.36
1-2.....	2.8	.37	1.45	1.21	1.54	1.25	1.42	1.53	1.40
3-5.....	4.6	.19	1.01	1.01	1.21	.92	1.13	1.22	1.10
5 and under.....	8.5	.29	.84	.70	.87	.66	.81	.88	.78
Males:									
6-11.....	5.0	.13	.92	.99	1.16	.85	1.09	1.16	1.03
12-19.....	7.5	.28	.77	.83	.97	.70	.98	.94	.85
20-29.....	6.8	.51	1.05	.99	1.23	.91	1.18	.94	1.06
30-39.....	5.3	.55	1.12	1.13	1.41	1.00	1.33	1.02	1.17
40-49.....	4.3	.59	1.32	1.28	1.61	1.15	1.53	1.21	1.24
50-59.....	4.6	.48	1.07	1.20	1.55	1.10	1.55	1.31	1.15
60-69.....	3.6	.53	1.19	1.38	1.75	1.31	1.76	1.56	1.05
70 and over.....	2.5	.16	1.33	1.70	2.01	1.57	2.05	1.95	1.26
20 and over.....	27.2	.22	.49	.50	.63	.46	.62	.51	.48
Females:									
6-11.....	5.2	.17	.91	.93	1.13	.86	1.08	1.13	1.03
12-19.....	7.8	.42	.83	.76	.94	.71	.96	.87	.80
20-29.....	9.3	.58	.99	.83	1.03	.81	1.05	.84	.92
30-39.....	8.0	.60	1.08	.92	1.15	.84	1.12	.84	.96
40-49.....	6.1	.63	1.18	1.05	1.30	.98	1.26	.92	1.03
50-59.....	6.6	.54	1.08	.97	1.25	.92	1.25	1.01	.93
60-69.....	5.0	.48	1.13	1.05	1.40	1.05	1.44	1.27	.94
70 and over.....	3.8	.40	1.16	1.14	1.56	1.15	1.58	1.46	.99
20 and over.....	38.8	.24	.46	.40	.51	.38	.52	.41	.41
All Individuals.....	100.0	.12	.26	.24	.30	.22	.31	.27	.25

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1977-78.

Appendix Table DA1.6-1.--Standard Errors for Table A1.6-1.--Eggs; Legumes; Nuts and Seeds; Fats and Oils; Sugars and Sweets: Mean Intakes per Individual in a Day, by Sex and Age, 1 Day, 1977-78

Sex and Age (Years)	Percent of Population	Eggs	Legumes	Nuts and Seeds	Fats and Oils			Sugars and Sweets		
					Total	Table Fats	Salad Dressings	Total	Sugars	Candy
<u>Percent</u>		<u>Grams</u>								
Males and Females:										
Under 1.....	1.1	0.7	11.9	0.1	0.1	0.1	0.1	1.1	0.1	0.0
1-2.....	2.8	1.6	3.7	.5	.3	.3	.1	1.3	.2	.4
3-5.....	4.6	1.1	1.6	.6	.6	.3	.3	1.2	.2	.4
5 and under.....	8.5	1.0	1.8	.4	.4	.3	.2	.8	.1	.3
Males:										
6-11.....	5.0	.8	3.0	.9	.5	.3	.4	1.6	.2	.7
12-19.....	7.5	1.3	2.8	.8	.8	.7	.3	2.1	.4	.5
20-29.....	6.8	1.5	2.3	.5	1.2	.6	.6	1.7	.4	.4
30-39.....	5.3	1.4	3.1	.5	1.0	.5	.7	1.3	.3	.4
40-49.....	4.3	1.9	3.2	.6	1.6	.6	1.4	1.9	.5	.5
50-59.....	4.6	1.9	2.7	.7	.6	.4	.4	1.5	.5	.4
60-69.....	3.6	1.9	2.6	.5	1.1	.6	.5	2.7	.5	.3
70 and over.....	2.5	2.6	3.8	.3	1.2	.8	.7	2.8	.5	.7
20 and over.....	27.2	1.0	1.5	.3	.8	.4	.4	1.0	.2	.3
Females:										
6-11.....	5.2	.9	2.2	.7	.7	.4	.4	1.8	.3	.6
12-19.....	7.8	.9	2.5	.3	.9	.6	.5	1.3	.2	.5
20-29.....	9.3	1.5	2.1	.4	.8	.4	.5	.9	.3	.3
30-39.....	8.0	1.6	1.8	.2	.8	.3	.5	1.1	.4	.2
40-49.....	6.1	.9	2.5	.3	.8	.3	.5	1.2	.3	.4
50-59.....	6.6	1.0	2.3	.5	.8	.3	.5	1.0	.2	.4
60-69.....	5.0	1.6	1.3	.4	.6	.4	.4	1.5	.3	.4
70 and over.....	3.8	1.0	1.6	.3	1.0	.5	.3	1.2	.3	.3
20 and over.....	38.8	.9	1.4	.2	.6	.2	.3	.6	.2	.2
All Individuals.....	100.0	.7	1.4	.3	.6	.3	.3	.7	.1	.2

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1977-78.

Appendix Table DA1.6-2.--Standard Errors for Table A1.6-2.--Eggs; Legumes; Nuts and Seeds; Fats and Oils; Sugars and Sweets: Percentage of Individuals Using at Least Once, by Sex and Age, 1 Day, 1977-78

Sex and Age (Years)	Percent of Population:	Eggs	Legumes	Nuts and Seeds	Fats and Oils			Sugars and Sweets		
					Total	Table Fats	Salad Dressings	Total	Sugars	Candy
<b>Males and Females:</b>										
Under 1.....	1.1	1.55	1.50	0.48	1.28	1.24	0.44	1.63	1.20	0.00
1-2.....	2.8	1.49	1.04	1.01	1.55	1.53	.96	1.56	1.34	.90
3-5.....	4.6	1.13	.83	.94	1.21	1.20	.93	1.21	1.07	.71
5 and under.....	8.5	.82	.60	.62	.89	.86	.61	.89	.75	.49
<b>Males:</b>										
6-11.....	5.0	.99	.79	.88	1.15	1.15	.94	1.15	1.04	.69
12-19.....	7.5	.88	.64	.65	.98	.96	.80	.98	.91	.56
20-29.....	6.8	1.21	.76	.80	1.27	1.26	1.14	1.28	1.21	.54
30-39.....	5.3	1.43	.95	.77	1.40	1.46	1.35	1.46	1.43	.58
40-49.....	4.3	1.59	1.05	.84	1.58	1.63	1.45	1.60	1.63	.63
50-59.....	4.6	1.55	1.01	.85	1.48	1.58	1.46	1.51	1.58	.64
60-69.....	3.6	1.75	1.11	.96	1.63	1.75	1.55	1.72	1.76	.65
70 and over.....	2.5	2.07	1.44	1.05	1.96	2.05	1.52	1.95	2.07	.76
20 and over.....	27.2	.63	.41	.36	.62	.64	.57	.64	.64	.26
<b>Females:</b>										
6-11.....	5.2	.94	.75	.85	1.13	1.11	.94	1.12	1.04	.72
12-19.....	7.8	.82	.61	.54	.96	.94	.85	.96	.86	.53
20-29.....	9.3	1.00	.72	.61	1.10	1.10	1.02	1.12	1.07	.52
30-39.....	8.0	1.11	.73	.62	1.19	1.21	1.13	1.22	1.19	.50
40-49.....	6.1	1.33	.86	.67	1.33	1.38	1.28	1.38	1.36	.57
50-59.....	6.6	1.22	.85	.71	1.23	1.31	1.19	1.31	1.25	.60
60-69.....	5.0	1.35	.82	.78	1.40	1.45	1.20	1.43	1.43	.51
70 and over.....	3.8	1.46	.91	.71	1.51	1.58	1.31	1.55	1.56	.52
20 and over.....	38.8	.50	.33	.28	.52	.54	.49	.54	.52	.23
All Individuals.....	100.0	.29	.20	.18	.30	.31	.27	.31	.30	.14

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1977-78.



Appendix Table DA1.7-1.--Standard Errors for Table A1.7-1.--Beverages: Mean Intakes per Individual in a Day, by Sex and Age,  
1 Day, 1977-78

Sex and Age (Years)	Percent of Population	Total	Alcoholic					Nonalcoholic						
			Total	Wine	and Ale	Beer	Total	Coffee	Tea	Fruit Drinks and Ades	Carbonated Soft Drinks	Total	Regular	Low- Calorie
-----														
Percent			-----Grams-----											
Males and Females:														
Under 1.....	1.1	3.5	0.0	0.0	0.0	3.5	0.0	1.4	3.3	1.7	2.7	1.3	2.2	0.0
1-2.....	2.8	7.6	.2	.1	.1	7.6	.3	2.8	6.9	6.8	1.0	3.9	5.2	.8
3-5.....	4.6	8.2	.1	.1	.1	8.2	.2	3.8	5.5	4.9	1.7	4.8	5.3	1.4
5 and under.....	8.5	6.0	.1	.1	.1	6.1	.2	2.8	4.5	4.3	1.2	3.4	4.0	1.0
Males:														
6-11.....	5.0	5.0	.3	.1	.0	5.0	.7	5.4	6.6	6.4	1.1	4.9	5.6	1.3
12-19.....	7.5	15.0	4.3	.2	4.2	15.0	2.7	10.7	8.3	8.9	1.1	9.9	11.8	1.1
20-29.....	6.8	31.4	25.0	1.6	24.3	24.2	12.4	13.0	4.4	4.6	1.7	9.9	11.6	2.9
30-39.....	5.3	20.0	13.8	4.1	11.8	13.0	21.0	10.7	2.9	3.1	1.1	12.0	13.0	3.7
40-49.....	4.3	29.7	17.2	2.5	16.6	21.5	19.3	13.8	4.3	4.7	.9	9.3	10.8	3.3
50-59.....	4.6	19.0	10.8	1.1	11.1	15.5	22.4	10.3	2.7	2.5	.5	7.4	7.6	2.0
60-69.....	3.6	31.1	21.7	1.0	20.9	21.9	22.1	12.6	3.9	3.3	1.3	7.4	6.6	3.7
70 and over.....	2.5	21.5	10.4	1.9	10.3	19.7	17.6	9.6	4.0	3.5	.6	5.4	5.5	2.1
20 and over.....	27.2	16.1	8.4	1.5	8.0	12.9	13.0	8.0	2.3	2.2	.5	5.6	6.5	1.5
Females:														
6-11.....	5.2	8.8	.1	.0	.0	8.8	.7	5.9	5.0	4.8	.9	5.4	5.5	.9
12-19.....	7.8	11.6	2.4	.2	2.3	10.3	3.6	7.8	6.2	6.5	.8	9.6	10.7	3.3
20-29.....	9.3	17.0	3.9	1.1	3.4	16.4	9.2	10.3	3.5	3.5	.8	7.1	7.3	5.1
30-39.....	8.0	28.0	4.3	2.0	4.2	29.1	25.4	12.7	2.6	2.8	.4	6.9	8.7	5.0
40-49.....	6.1	28.8	5.2	1.4	4.9	26.4	21.0	11.7	3.5	3.5	.3	9.7	7.5	7.8
50-59.....	6.6	24.3	3.9	1.4	3.2	23.3	21.5	9.2	4.0	4.0	.2	4.7	5.2	3.3
60-69.....	5.0	12.0	2.7	.7	2.7	11.7	12.0	8.3	4.0	4.0	.2	6.2	5.9	2.0
70 and over.....	3.8	17.4	3.4	.9	2.2	16.3	11.6	10.8	2.0	2.1	.5	3.9	3.7	2.5
20 and over.....	38.8	18.2	2.1	.6	1.7	18.1	14.5	8.8	2.1	2.0	.3	4.0	4.5	3.4
All Individuals.....	100.0	10.5	3.2	.6	2.8	9.6	8.2	6.9	2.5	2.4	.3	3.8	4.9	1.7

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1977-78.

Appendix Table DA1.7-2.--Standard Errors for Table A1.7-2.--Beverages: Percentage of Individuals Using at Least Once, by Sex and Age, 1 Day, 1977-1978

Sex and Age (Years)	Percent	Total	Alcoholic					Nonalcoholic						
	of													
	Population:													

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1977-78.

Appendix Table DA4.1.--Standard Errors for Table A4.1.--Nutrient Intakes: Mean per Individual in a Day, by Sex and Age, 1 Day, 1977-78

Sex and Age (Years)	Percent of Population	Food Energy	Protein	Total Fat	Saturated Fatty Acids	Monounsaturated Fatty Acids	Polyunsaturated Fatty Acids	Cholesterol
	Percent	Kilocalories			Grams			Milligrams
Males and Females:								
Under 1.....	1.1	13.9	0.62	0.63	-	-	-	-
1-2.....	2.8	16.4	.71	.74	-	-	-	-
3-5.....	4.6	15.3	.70	.91	-	-	-	-
5 and under.....	8.5	13.6	.48	.61	-	-	-	-
Males:								
Under 1.....	.6	14.4	.95	.87	-	-	-	-
1-2.....	1.4	20.2	.71	.97	-	-	-	-
3-5.....	2.4	17.5	.74	.97	-	-	-	-
6-11.....	5.0	19.3	.64	.85	-	-	-	-
12-19.....	7.5	34.4	1.38	1.86	-	-	-	-
20-29.....	6.8	36.2	1.38	2.18	-	-	-	-
30-39.....	5.3	26.4	.98	1.67	-	-	-	-
40-49.....	4.3	23.3	1.13	1.72	-	-	-	-
50-59.....	4.6	28.8	1.74	2.05	-	-	-	-
60-69.....	3.6	30.8	1.19	1.79	-	-	-	-
70 and over.....	2.5	37.0	1.48	2.38	-	-	-	-
80 and over.....	.6	55.8	1.55	3.37	-	-	-	-
20 and over.....	27.2	18.6	.82	1.34	-	-	-	-
Females:								
Under 1.....	.6	23.0	1.04	1.01	-	-	-	-
1-2.....	1.3	18.9	.83	.83	-	-	-	-
3-5.....	2.2	17.1	.97	1.07	-	-	-	-
6-11.....	5.2	21.8	1.11	1.37	-	-	-	-
12-19.....	7.8	17.2	1.18	1.09	-	-	-	-
20-29.....	9.3	17.3	.76	1.10	-	-	-	-
30-39.....	8.0	20.9	.98	1.01	-	-	-	-
40-49.....	6.1	21.1	1.14	1.21	-	-	-	-
50-59.....	6.6	18.7	1.00	1.21	-	-	-	-
60-69.....	5.0	16.7	.81	1.21	-	-	-	-
70 and over.....	3.8	19.2	.91	1.23	-	-	-	-
80 and over.....	1.1	34.7	1.29	1.84	-	-	-	-
20 and over.....	38.8	8.7	.67	.60	-	-	-	-
All Individuals.....	100.0	12.9	.57	.83	-	-	-	-

- Data not available.

Appendix Table DA4.1.--Standard Errors for Table A4.1.--Nutrient Intakes: Mean per Individual in a Day, by Sex and Age,  
1 Day, 1977-78--continued

Sex and Age (Years)	Carbohydrate	Dietary Fiber	Vitamin A	Vitamin A	Carotenes	Vitamin E	Vitamin C	Thiamin
	Grams		International Units	Micrograms Retinol Equivalents		Milligrams Alpha-Tocopherol Equivalents	Milligrams	
Males and Females:								
Under 1.....	2.77	-	205.9	-	-	-	2.1	0.024
1-2.....	2.74	-	153.0	-	-	-	2.2	.016
3-5.....	2.12	-	176.7	-	-	-	2.2	.014
5 and under.....	2.42	-	131.7	-	-	-	1.5	.012
Males:								
Under 1.....	2.31	-	338.2	-	-	-	3.6	.029
1-2.....	3.57	-	153.1	-	-	-	2.4	.022
3-5.....	2.64	-	114.6	-	-	-	2.0	.017
6-11.....	3.18	-	187.6	-	-	-	2.5	.019
12-19.....	4.19	-	317.4	-	-	-	2.6	.028
20-29.....	3.80	-	314.8	-	-	-	2.6	.027
30-39.....	3.61	-	225.5	-	-	-	2.8	.038
40-49.....	2.84	-	564.9	-	-	-	3.4	.034
50-59.....	3.90	-	530.4	-	-	-	2.6	.030
60-69.....	3.81	-	331.1	-	-	-	2.6	.031
70 and over.....	4.68	-	228.3	-	-	-	4.1	.032
80 and over.....	9.43	-	409.2	-	-	-	7.3	.050
20 and over.....	2.00	-	199.6	-	-	-	1.7	.015
Females:								
Under 1.....	3.90	-	302.5	-	-	-	3.5	.036
1-2.....	2.92	-	208.3	-	-	-	3.3	.015
3-5.....	2.03	-	424.7	-	-	-	3.6	.016
6-11.....	2.49	-	209.0	-	-	-	2.8	.018
12-19.....	1.53	-	210.1	-	-	-	1.9	.024
20-29.....	1.92	-	211.1	-	-	-	2.1	.016
30-39.....	3.20	-	213.2	-	-	-	1.8	.015
40-49.....	2.21	-	238.8	-	-	-	2.4	.020
50-59.....	2.08	-	300.4	-	-	-	2.4	.009
60-69.....	1.90	-	322.9	-	-	-	2.7	.013
70 and over.....	2.59	-	248.2	-	-	-	2.9	.021
80 and over.....	5.12	-	296.0	-	-	-	3.6	.043
20 and over.....	1.02	-	91.2	-	-	-	1.6	.007
All Individuals.....	1.51	-	118.2	-	-	-	1.4	.009

- Data not available.

Appendix Table DA4.1.--Standard Errors for Table A4.1.--Nutrient Intakes: Mean per Individual in a Day, by Sex and Age, 1 Day, 1977-78--continued

Sex and Age (Years)	: : Riboflavin : :	: : Niacin : :	: : Vitamin B-6 : :	: : Folate : :	: : Vitamin B-12 : :	: : Calcium : :	: : Phosphorus : :
	-----Milligrams-----		-----Micrograms-----		-----Milligrams-----		
Males and Females:							
Under 1.....	0.040	0.30	0.016	-	0.066	24.1	19.5
1-2.....	.026	.15	.012	-	.232	16.6	14.1
3-5.....	.025	.17	.011	-	.367	13.2	12.5
5 and under.....	.019	.11	.010	-	.219	11.7	10.2
Males:							
Under 1.....	.044	.37	.012	-	.070	30.6	23.2
1-2.....	.026	.15	.018	-	.378	18.5	14.3
3-5.....	.023	.23	.014	-	.143	15.0	14.1
6-11.....	.032	.19	.017	-	.187	20.2	16.7
12-19.....	.052	.30	.031	-	.415	31.9	28.6
20-29.....	.045	.41	.039	-	.592	21.5	26.7
30-39.....	.029	.28	.027	-	.233	17.1	15.9
40-49.....	.040	.27	.017	-	.813	17.1	16.4
50-59.....	.057	.45	.040	-	.795	16.2	26.4
60-69.....	.037	.31	.035	-	.413	17.6	17.7
70 and over.....	.041	.40	.041	-	.389	19.9	23.6
80 and over.....	.064	.39	.059	-	.566	32.5	35.6
20 and over.....	.023	.20	.018	-	.277	10.0	14.1
Females:							
Under 1.....	.051	.45	.024	-	.121	33.3	29.0
1-2.....	.033	.21	.016	-	.161	21.8	20.1
3-5.....	.046	.21	.022	-	.769	18.7	17.5
6-11.....	.033	.28	.030	-	.235	19.0	17.3
12-19.....	.035	.28	.028	-	.315	19.5	18.1
20-29.....	.020	.22	.014	-	.252	13.9	10.7
30-39.....	.023	.20	.021	-	.275	15.4	14.9
40-49.....	.029	.27	.022	-	.388	9.8	15.4
50-59.....	.024	.26	.022	-	.479	8.3	11.5
60-69.....	.022	.34	.024	-	.455	10.7	9.9
70 and over.....	.029	.30	.033	-	.391	8.8	13.7
80 and over.....	.052	.46	.046	-	.370	25.9	28.2
20 and over.....	.011	.15	.012	-	.144	7.8	7.8
All Individuals.....	.017	.12	.011	-	.161	11.4	10.7

- Data not available.

Appendix Table DA4.1.--Standard Errors for Table A4.1.--Nutrient Intakes: Mean per Individual  
in a Day, by Sex and Age, 1 Day, 1977-78--continued

Sex and Age (Years)	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
-----Milligrams-----						
Males and Females:						
Under 1.....	3.6	0.59	-	-	-	-
1-2.....	2.7	.13	-	-	-	-
3-5.....	2.4	.10	-	-	-	-
5 and under.....	2.1	.11	-	-	-	-
Males:						
Under 1.....	3.3	.83	-	-	-	-
1-2.....	2.6	.16	-	-	-	-
3-5.....	3.1	.14	-	-	-	-
6-11.....	3.3	.13	-	-	-	-
12-19.....	5.7	.15	-	-	-	-
20-29.....	6.5	.22	-	-	-	-
30-39.....	3.3	.15	-	-	-	-
40-49.....	3.8	.18	-	-	-	-
50-59.....	5.7	.28	-	-	-	-
60-69.....	5.0	.23	-	-	-	-
70 and over.....	5.7	.28	-	-	-	-
80 and over.....	8.2	.71	-	-	-	-
20 and over.....	3.5	.11	-	-	-	-
Females:						
Under 1.....	5.4	.83	-	-	-	-
1-2.....	3.5	.18	-	-	-	-
3-5.....	3.4	.12	-	-	-	-
6-11.....	3.7	.16	-	-	-	-
12-19.....	3.8	.18	-	-	-	-
20-29.....	2.2	.14	-	-	-	-
30-39.....	2.9	.11	-	-	-	-
40-49.....	2.6	.12	-	-	-	-
50-59.....	3.6	.16	-	-	-	-
60-69.....	2.2	.11	-	-	-	-
70 and over.....	4.1	.18	-	-	-	-
80 and over.....	6.9	.31	-	-	-	-
20 and over.....	1.7	.06	-	-	-	-
All Individuals.....	2.3	.04	-	-	-	-

- Data not available.

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1977-78.



Appendix Table DA5.1.-- Standard Errors for Table A5.1.--Food Energy from Protein, Total Fat, Fatty Acids, and Carbohydrate: Mean Percentages per Individual in a Day, by Sex and Age, 1 Day, 1977-78

Sex and Age (Years)	Percent of Population	Protein	Total Fat	Saturated Fatty Acids	Monounsaturated Fatty Acids	Polyunsaturated Fatty Acids	Carbohydrate
	Percent						
Males and Females:							
Under 1.....	1.1	0.18	0.50	-	-	-	0.84
1-2.....	2.8	.19	.24	-	-	-	.40
3-5.....	4.6	.17	.29	-	-	-	.38
5 and under.....	8.5	.14	.21	-	-	-	.38
Males:							
Under 1.....	.6	.35	.57	-	-	-	.97
1-2.....	1.4	.27	.35	-	-	-	.61
3-5.....	2.4	.17	.31	-	-	-	.38
6-11.....	5.0	.16	.13	-	-	-	.30
12-19.....	7.5	.13	.22	-	-	-	.28
20-29.....	6.8	.20	.33	-	-	-	.29
30-39.....	5.3	.13	.28	-	-	-	.33
40-49.....	4.3	.11	.35	-	-	-	.36
50-59.....	4.6	.24	.42	-	-	-	.51
60-69.....	3.6	.19	.50	-	-	-	.42
70 and over.....	2.5	.27	.48	-	-	-	.63
80 and over.....	.6	.41	1.10	-	-	-	1.40
20 and over.....	27.2	.14	.23	-	-	-	.23
Females:							
Under 1.....	.6	.31	.68	-	-	-	.99
1-2.....	1.3	.17	.33	-	-	-	.45
3-5.....	2.2	.20	.38	-	-	-	.47
6-11.....	5.2	.18	.31	-	-	-	.36
12-19.....	7.8	.15	.29	-	-	-	.31
20-29.....	9.3	.12	.30	-	-	-	.30
30-39.....	8.0	.18	.41	-	-	-	.50
40-49.....	6.1	.17	.31	-	-	-	.38
50-59.....	6.6	.15	.36	-	-	-	.45
60-69.....	5.0	.20	.33	-	-	-	.38
70 and over.....	3.8	.16	.44	-	-	-	.55
80 and over.....	1.1	.23	.61	-	-	-	.74
20 and over.....	38.8	.11	.22	-	-	-	.27
All Individuals.....	100.0	.12	.16	-	-	-	.20

- Data not available.

NOTE: See "Table Notes."

SOURCE: Nationwide Food Consumption Survey, 1977-78.



Appendix Table DB1.-- Standard Errors for Appendix Table B1.--Breakdown of Mixtures Mainly Meat, Poultry, or Fish into 22 Food Groups: Mean Intakes per Individual in a Day, by Sex and Age, 1 Day, 1987-88

	:	:	:	Meat, Poultry, Fish							:	:
	:	:	:								:	:
	:	:	:								:	:
	:	:	:								:	:
Sex and Age	Percent	Mixtures									Legumes,	
(Years)	of	Mainly Meat,								Eggs	Nuts,	
	Population	Poultry,				Lamb,	Frankfurters,				Seeds	
		Fish				Veal,	Sausages,		Fish and			
			Total	Beef	Pork	Game,	Luncheon	Poultry	Shellfish			
						Organ	Meats					
						Meats						
									</			

\* Value less than .05 but greater than 0.

Appendix Table DB1.-- Standard Errors for Appendix Table B1.--Breakdown of Mixtures Mainly Meat, Poultry, or Fish into 22 Food Groups: Mean Intakes per Individual in a Day, by Sex and Age, 1 Day, 1987-88--continued

Sex and Age (Years)	Milk and Milk Products		Vegetables		Grain Products						Fats and Oils	Water	
	Fluid			White					Yeast				
	Total	Milk	Cheese	Total	Tomatoes	Potatoes	Total	Pasta	Rice	Breads			
										and Rolls			
-----Grams-----													
Males and Females:													
Under 1.....	0.3	0.3	0.0	0.5	0.3	0.2	0.0	0.5	0.2	0.1	*	0.1	3.3
1-2.....	1.2	1.2	.1	1.9	1.3	.8	*	1.4	1.0	.3	0.8	.2	1.1
3-5.....	.9	.8	.3	2.7	.8	1.0	.1	1.1	.7	.1	.9	.1	1.9
5 and under...	.6	.6	.1	1.6	.6	.6	.1	.8	.5	.1	.5	.1	1.2
Males:													
6-11.....	1.1	1.1	.4	3.2	1.9	.5	.2	2.1	.8	1.2	1.5	.2	.7
12-19.....	1.1	.6	1.0	5.0	3.4	1.1	.1	4.0	1.2	1.0	3.8	.4	2.4
20-29.....	1.0	.4	.7	4.5	2.3	1.5	.1	2.4	.5	.5	2.4	.5	3.3
30-39.....	1.2	.6	1.1	3.3	2.0	.8	.1	2.2	1.2	1.0	1.6	.4	.9
40-49.....	1.0	.9	.5	4.6	3.4	1.1	.5	2.2	1.1	.4	1.9	.2	2.0
50-59.....	.6	.3	.5	5.5	2.9	1.8	.1	1.8	.5	.4	1.7	.4	3.4
60-69.....	1.6	1.5	.2	4.1	1.5	.9	.2	1.9	1.2	.9	.9	.8	2.6
70 and over....	.8	.7	.1	10.4	6.8	1.4	*	1.3	.4	.6	1.2	.5	2.5
20 and over...	.5	.3	.3	2.0	1.2	.5	.1	1.0	.4	.3	.8	.2	1.1
Females:													
6-11.....	1.4	.9	.4	3.9	2.0	.4	*	2.0	1.3	1.0	1.3	.2	1.3
12-19.....	1.0	1.0	.3	3.4	2.5	1.1	.1	2.8	1.1	2.0	1.6	.2	.8
20-29.....	.6	.3	.5	2.2	1.5	.5	.1	1.4	.5	.4	1.2	.2	.6
30-39.....	1.2	.6	.9	3.0	1.4	.9	.4	1.4	1.0	.6	.8	.2	1.7
40-49.....	.8	.7	.4	4.2	3.3	.5	.1	2.0	1.6	.4	1.1	.3	1.1
50-59.....	.7	.6	.1	3.7	2.6	.5	*	1.6	.9	.1	1.4	.4	.7
60-69.....	1.3	.8	.2	3.1	1.0	1.3	.2	1.3	1.0	.3	.7	.4	1.8
70 and over....	.9	.9	*	2.2	.9	1.2	*	.9	.7	.3	.4	.3	.9
20 and over...	.4	.3	.2	1.3	.8	.3	.1	.6	.4	.2	.4	.1	.5
All Individuals...	.3	.2	.2	.9	.6	.2	.1	.5	.2	.2	.4	.1	.5

\* Value less than .05 but greater than 0.

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.

Appendix Table DB2.-- Standard Errors for Appendix Table B2.--Breakdown of Mixtures Mainly Grain into 22 Food Groups: Mean Intakes per Individual in a Day, by Sex and Age, 1 Day, 1987-88


\* Value less than .05 but greater than 0.

Appendix Table DB2.-- Standard Errors for Appendix Table B2.--Breakdown of Mixtures Mainly Grain into 22 Food Groups: Mean Intakes per Individual in a Day by Sex and Age, 1 Day, 1987-88  
--Continued

Sex and Age (Years)	Milk and Milk Products			Vegetables			Fruits			Grain Products			Fats and Oils	Water
	Fluid:			Total:	Tomatoes:	Potatoes:	Total:	Pasta:	Rice:	Breads and Rolls				
	Milk:	Cheese:												
	:	:	:	:	:	:	:	:	:	:	:	:	:	:
-----Grams-----														
Males and Females:														
Under 1.....	1.2	0.8	0.4	0.8	0.7	0.0	0.1	1.5	1.3	0.1	0.1	0.1	1.0	
1-2.....	1.9	1.3	.6	1.9	1.6	.0	.0	2.2	1.9	.5	.2	.2	2.1	
3-5.....	1.5	.9	.7	1.6	1.4	.0	*	2.0	1.7	.4	.1	.1	4.2	
5 and under...	1.0	.7	.5	1.1	.9	.0	*	1.3	1.1	.3	.1	.1	2.3	
Males:														
6-11.....	1.2	.6	.9	2.4	1.9	.0	.1	2.5	1.4	1.4	.1	.2	5.3	
12-19.....	2.1	1.0	1.5	4.2	3.7	.0	*	3.7	3.3	.4	.2	.2	1.5	
20-29.....	3.1	2.0	1.5	5.2	3.9	.0	*	4.6	3.7	.3	.2	.4	2.3	
30-39.....	1.4	.6	1.1	4.7	3.7	*	.0	4.2	3.5	.9	.2	.6	2.7	
40-49.....	3.4	2.2	1.5	5.4	3.8	.1	.0	5.3	4.3	1.9	.2	.4	3.1	
50-59.....	1.5	.9	.9	4.7	3.4	*	.0	3.8	1.7	2.8	.1	.3	2.3	
60-69.....	2.2	1.6	.7	5.1	3.9	.1	.0	2.9	2.3	1.6	.2	.2	2.5	
70 and over....	1.8	1.1	.8	2.9	2.5	.0	.0	3.3	2.7	1.5	.1	.2	3.1	
20 and over...	1.1	.7	.6	2.2	1.6	*	*	1.9	1.5	.6	.1	.2	1.2	
Females:														
6-11.....	1.3	.9	.5	3.0	2.6	*	.0	2.6	2.2	.8	.2	.2	1.5	
12-19.....	4.5	3.0	1.7	2.4	2.0	*	.0	5.8	5.4	.6	.3	.4	4.1	
20-29.....	1.9	1.1	1.0	2.6	1.9	.0	*	2.6	2.1	.5	.1	.2	2.8	
30-39.....	1.0	.4	.7	2.4	1.7	*	*	3.6	3.3	1.0	.1	.3	3.2	
40-49.....	1.1	.6	.8	2.3	1.8	.1	.0	2.6	2.4	.4	.1	.5	3.2	
50-59.....	.9	.4	.7	3.3	2.6	.0	.0	2.5	1.9	.9	.2	.3	3.5	
60-69.....	2.0	1.3	.7	2.8	2.2	*	*	2.3	1.9	1.0	.2	.2	1.4	
70 and over....	1.0	.6	.5	1.7	.9	.0	.0	2.3	1.9	1.4	.1	.4	4.6	
20 and over...	.6	.3	.3	1.1	.8	*	*	1.2	1.1	.4	*	.1	1.3	
All Individuals...	.5	.3	.3	.9	.7	*	*	.9	.8	.3	*	.1	.8	

\* Value less than .05 but greater than 0.

NOTE: See "Table Notes."

SOURCE: USDA Nationwide Food Consumption Survey, 1987-88.



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